

## OCCUPATIONAL SAFETY AND HEALTH PRACTICES

**UNIT CODE:** AQ/CU/AM/BC/07/4/B

### Relationship to Occupational Standards

This unit addresses the unit of competency: Demonstrate Safety and Health Practices

**Duration of Unit:** 20 hours

### Unit Description

This unit describes the competencies required to practice safety and health, and comply with OSH requirements relevant to work.

### Summary of Learning Outcomes

1. Observe workplace procedures for hazards and risk prevention
2. Participate in arrangements for workplace safety and health maintenance

### Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Observe workplace procedures for hazards and risk prevention	<ul style="list-style-type: none"><li>• Arrangement of work area and items in accordance with Company housekeeping procedures</li><li>• Adherence to work standards and procedures</li><li>• Application of preventive and control measures, including use of safety gears/PPE</li><li>• Study and apply standards and procedures for incidents and emergencies.</li></ul>	<ul style="list-style-type: none"><li>• Oral questions</li><li>• Written questions</li><li>• Observation of work procedures</li></ul>
2. Participate in arrangements for workplace safety and health maintenance	<ul style="list-style-type: none"><li>• Participating in orientations on OSH requirements/regulations of tasks</li><li>• Providing feedback on health, safety, and security concerns to appropriate personnel as required in a sufficiently detailed manner</li></ul>	<ul style="list-style-type: none"><li>• Oral questions</li><li>• Written tests</li><li>• Practical test</li><li>• Observation of practical work by trainees</li></ul>

	<ul style="list-style-type: none"> <li>• Practice workplace procedures for reporting hazards, incidents, injuries and sickness</li> <li>• OSH requirements/ regulations and workplace safety and hazard control procedures are reviewed, and compliance reported to appropriate personnel</li> <li>• Identification of needed OSH-related trainings are proposed to appropriate personnel</li> </ul>	
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### **Suggested Delivery Methods**

- Instructor led facilitation of theory
- Practical demonstration of tasks by trainer
- Practice by trainees/ role play
- Discussion
- Observations and comments and corrections by trainers

### **Recommended Resources**

- Standard operating and/or other workplace procedures manuals
- Specific job procedures manuals
- Machine/equipment manufacturer's specifications and instructions
- Personal Protective Equipment (PPE) e.g.
  - Mask
  - Face mask/shield
  - Safety boots
  - Safety harness
  - Arm/Hand guard, gloves
  - Eye protection (goggles, shield)
  - Hearing protection (ear muffs, ear plugs)
  - Hair Net/cap/bonnet
  - Hard hat
  - Face protection (mask, shield)
  - Apron/Gown/coverall/jump suit
  - Anti-static suits
  - High-visibility reflective vest