Standard 13 Health and Safety

**Learning Outcome -The learner will:**

**Assessment Criteria – The learner can:**

**13.1a** Identify legislation that relates to general health and safety in your workplace.

|  |
| --- |
|  |

**13.1b** Ask your manager or a senior member of staff for your workplace health and safety policies and procedures, and describe the main points below.

|  |  |
| --- | --- |
| **Policy or procedure relating to health and safety:** | **The main points of this policy or procedure include:** |
|  |  |
|  |  |
|  |  |
|  |  |

**13.1c** Complete the sections below to outline the person’s main health and safety responsibilities in the workplace.

|  |  |  |
| --- | --- | --- |
| **Self** | **Employer** | **Others** |
|  |  |  |

**13.1d** List health and safety tasks that you should not carry out until you have had special training.

|  |
| --- |
|  |

**13.1e** Choose three types of support or information you could use in relation to health and safety, and explain how to access each one and how it could help you.

|  |  |  |
| --- | --- | --- |
| **Type of support** | **I can access it by...** | **It could help me by...** |
|  |  |  |
|  |  |  |
|  |  |  |

**13.1f,13.4a and b** Part i) Write a list of different types of accidents and sudden illness that could occur in your workplace.

|  |
| --- |
|  |

Part ii) Complete the table below to describe three different types of accidents and three different types of sudden illness that could happen in your workplace. For each one, describe the procedure you should follow.

|  |  |  |  |
| --- | --- | --- | --- |
| **Accidents** | **If this were to happen I would...** | **Sudden Illness** | **If this were to happen I would...** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**13.2a** For each of the following examples, explain why it would be important to assess health and safety risks.

|  |
| --- |
| Example 1: Moving an individual using a piece of equipment such as a hoist or wheelchair: |
|  |
| Example 2: When providing personal care to an individual: |
|  |
| Example 3: Changing soiled bed linen |
|  |

**13.2b** Using your workplace’s agreed ways of working, describe how and when you would need to report health and safety risks that have been identified.

|  |
| --- |
|  |

**13.3a** Match up the descriptions with the correct legislation relating to moving and assisting.

|  |  |  |  |
| --- | --- | --- | --- |
| The Manual Handling Operations Regulations 1992 | A | Set specific requirements relating to work equipment used for lifting and lowering people or loads |  |
| The Lifting Operations and Lifting Equipment Regulations 1998 | B | Specifically cover all movement or support of any load by physical effort |  |
| The Provision and Use of Work Equipment Regulations 1998 | C | Ensures that the equipment employers provide is suitable and safe for its intended use |  |

**13.3b** List three moving and assisting tasks that you must not carry out unless properly trained.

|  |
| --- |
|  |

**13.4c** Depending on your level of training and competence, there will be first-aid actions that you are and are not allowed to carry out. Fill in the boxes below to list the emergency first-aid actions that you are and are not able to undertake.

|  |  |
| --- | --- |
| **Emergency first aid actions I can do...** | **Emergency first aid actions I must not do...** |
|  |  |

**13.5a and b** Describe the key points of your employer’s agreed ways of working in relation to medication and healthcare tasks.

|  |
| --- |
| My workplace agreed ways of working in relation to medication are… |
|  |
| My workplace agreed ways of working in relation to healthcare tasks are… |
|  |

**13.5c** There are a number of medication and healthcare related tasks you are not allowed to carry out unless you have received the appropriate training. List four of these tasks below.

|  |
| --- |
|  |

**13.6a** Have a look around your workplace and make a list of the hazardous substances you have found. Complete the table below to describe four hazardous substances and why they are hazardous.

|  |  |
| --- | --- |
| **Hazardous substance** | **Why is it hazardous?** |
|  |  |
|  |  |
|  |  |
|  |  |

**13.7a** Complete the grid below to list measures that prevent fires from starting or spreading. Explain for each measure why and how it works.

|  |  |
| --- | --- |
| **Measures that prevent fires from starting** | **How and why?** |
|  |  |
| **Measures that prevent fires from spreading** | **How and why?** |
|  |  |

**13.7b** Obtain a copy of your workplace fire procedure or agreed ways of working from your employer if you work in the private homes of individuals, and describe the different steps to take in the event of a fire.

|  |
| --- |
|  |

**13.8a** Using examples from your work, describe five measures that are in place to protect your own and others’ safety and security.

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

**13.8b** Using your workplace’s agreed ways of working for checking identity, in the boxes below explain how you can ensure that no unauthorised person gains access to the premises or confidential information.

|  |  |
| --- | --- |
| **Checking identity of a visitor** | **Checking identity of a caller** |
|  |  |

**13.9a** The signs and symptoms of stress can be separated into three different groups. For each group below give three examples of possible signs and indicators of stress.

|  |  |  |
| --- | --- | --- |
| **Psychological** | **Physiological** | **Behavioural** |
|  |  |  |
|  |  |  |
|  |  |  |

**13.9b** Identify the circumstances that tend to trigger your own and others’ stress.

|  |
| --- |
|  |

**13.9c** Think about situations that may trigger you to feel stressed. Which ways can help you to manage stressful times or situations? List five.

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

|  |
| --- |
| **Assessor Feedback: Date:** |

Candidate Signature: ……………………………………………….. Date: ………………….

Assessor Signature: …………………………………………………. Date: ………………….