



Model Curriculum

NOS Name: Fundamentals of Occupational Health and Hygiene

NOS Code: HSS/N6606

NOS Version: 1.0

NSQF Level: 2

Model Curriculum Version: 1.0

Healthcare Sector Skill Council | Healthcare Sector Skill Council, 520, DLF Tower A, 5th Floor, Jasola District Centre, New Delhi – 110025

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Training Parameters

Sector	Healthcare
Sub-Sector	Environmental and Occupational Health
Occupation	Environmental and Occupational Health
Country	India
NSQF Level	2
Aligned to NCO/ISCO/ISIC Code	NCO 2015/2263
Minimum Educational Qualification and Experience	Ability to read and write
Pre-Requisite License or Training	
Minimum Job Entry Age	14 Years
Last Reviewed On	18 th February 2025
Next Review Date	18 th February 2028
NSQC Approval Date	18th February 2025
QP Version	1.0
Model Curriculum Creation Date	18 th February 2025
Model Curriculum Valid Up to Date	18th February 2028
Model Curriculum Version	1.0
Minimum Duration of the Course	45hrs
Maximum Duration of the Course	45 hrs

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Apply basic health standards protocols to be followed at the workplace.
- Ensure safety for self and others at workplace
- Follow and maintain hygiene practices at workplace.
- Identify Occupational health hazard and follow the basic preventive practices
- Understand about food safety and nutrition at Workplace
- Apply basic first aid skills
- Adherence to safety protocols for self and others safety.

Compulsory Modules

The table lists the modules and their duration corresponding to the NOS.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Personal Hygiene and Cleanliness	5	5			10
Workplace Sanitation and Waste Management	5	5			10
Occupational Health and Preventive Practices	3	2			5
Food Safety and Nutrition at Workplace	3	2			5
Emergency Response and Safety	5	10			15
Total	21	24			45

Module Details

Module 1: Personal Hygiene and Cleanliness

Terminal Outcomes:

- Learn personal hygiene practices to prevent illness and ensure safety.
- Understand about (Water, Sanitation, and Hygiene) WASH protocols

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Understand about hygiene and its importance at the workplace such as importance of handwashing, face, and body cleanliness. • Elaborate on the impact of poor hygiene on health and productivity in the related sector • List down basic hygiene standards relevant to the workplace • Discuss the use of Personal Protective Equipment (PPE) such as gloves, masks, and helmets. • Understand the importance of menstrual hygiene and ways to maintain it at the workplace • Discuss the importance of maintaining hygiene during travel and outdoor activities. 	<ul style="list-style-type: none"> • Demonstrate proper handwashing techniques • Demonstrate the donning and doffing of Personal Protective Equipment at related workplace • Prepare a chart on the importance of accessible and clean WASH facilities (water, sanitation, and hygiene).
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, pamphlets, brochures, handouts, videos as appropriate	
Tools, Equipment and Other Requirements	
Personal Protective equipment such as Mask, Gloves, Gown, Goggles etc	

Module 2: Workplace Sanitation and Waste Management

Terminal Outcomes:

- Gain knowledge of workplace cleanliness and proper collection, segregation and disposal of waste.

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the importance of site sanitation. • Understand the importance of maintaining a clean work site. • Discuss about types of waste at work sites (e.g., organic, chemical, hazardous, general). • Understand about waste segregation disposal, and recycling practices, different coded dustbins • Explain the importance of wastewater management. • Discuss the need for appropriate use of site toilets, showers, and handwashing stations. • Understand the importance of avoiding contamination from shared items and tools. • Understand the significance of clean water and hygiene maintenance in disease prevention. 	<ul style="list-style-type: none"> • Demonstrate proper waste management practices • Prepare a chart on managing wastewater and preventing pollution. • Identify the importance of WASH and demonstrate their correct usage. • Through a role play, highlight the importance of hygiene at workplace
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, pamphlets, brochures, handouts, videos as appropriate	
Tools, Equipment and Other Requirements	
Biomedical color coded waste bins.	

Module 3: Occupational Health and Preventive Practices

Terminal Outcomes:

- Learn about occupational health issues and preventive hygiene practices.

Duration: 03:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Understand about Chemical, Physical, and Biological Hazards in brief Explain about common activities leading to exposure to welding, demolition, salvage, renovation, cleaning up etc List down on the common health risks for workers (e.g., respiratory issues, skin conditions, heat or cold stress etc). Discuss about hazard entry routes such as Inhalation, Ingestion, absorption, Welding Fumes, excavation etc Discuss about the health effects of exposure Acute (Immediate) and Chronic (Long-Term) Discuss preventive practices for avoiding dust and chemical exposure. Discuss the importance of regular health check-ups and reporting symptoms. Understand about Ergonomics in handling tools and materials. Discuss the importance of implementing practices like daily cleaning routines, tool storage protocols, and clear signage Understand the importance of proper storing of materials to prevents accidents and minimizes the risk of damage or loss 	<ul style="list-style-type: none"> Draw a chart to Identify key health risks in top 3 economic areas (Such as construction, Agriculture, Healthcare etc) and describe preventive hygiene practices.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, pamphlets, brochures, handouts, , videos as appropriate	
Tools, Equipment and Other Requirements	

Module 4: Food Safety and Nutrition at Workplace

Terminal Outcomes:

- Learn about safe techniques of food handling, storage, and nutrition basics

Duration: 03:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the importance of food safety and hygiene in construction settings. • Discuss safe food handling, preparation, and storage. • Explain about nutritional needs for physical labor and maintaining hydration. • Understand the importance of recognizing symptoms of food poisoning and dehydration. • Understand about foodborne illnesses and its prevention. 	<ul style="list-style-type: none"> • Demonstrate Oral rehydration solutions (ORS) making techniques • Prepare a chart on balanced diet
Classroom Aids:	
Visual aids (charts, posters), brochures, booklets, handouts, White-Board/Smart Board, Marker, Duster, pamphlets, brochures, handouts, videos as appropriate	
Tools, Equipment and Other Requirements	

Module 5: Emergency Response and Safety

Terminal Outcomes:

- Understand about Emergency Response, First aid skills during common injuries at workplace, or contamination incidents.

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain about Emergency Response and Safety during common injuries at workplace or contamination incidents. • Learn the importance of respiratory hygiene (coughing/sneezing etiquette). • Understand the importance of wound care and proper disposal of contaminated items. • List down the immediate steps in the event of exposure to hazardous substances. • Learn about site hygiene practices during public health emergencies (e.g., pandemics). • Learn basic First Aid techniques for common workplace emergencies (like minor cuts scrapes, blisters, eye debris, bleeding, chest compressions as per compression protocols) • Understand about maintain Disaster Hygiene • Learn about safety skills for Fire Safety, Fall Risk Management, Electrical Safety scaffolding use 	<ul style="list-style-type: none"> • Through a role play, describe common emergencies, its hygiene protocols and appropriate response procedures. • Prepare a chart related to site checking exercise to identify hygiene risks and improvement areas. • Perform hand on skills related to first aid for minor cuts, scrapes, blisters, eye debris, bleeding, chest compressions as per compression protocols • In a role play, demonstrate safety skills for Fire Safety, Fall Risk Management, Electrical Safety, scaffolding use
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster, pamphlets, brochures, handouts, , videos as appropriate	
Tools, Equipment and Other Requirements	
Case studies	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	Healthcare (Medical/Nursing/ Allied Science), Health & Safety, Community Worker	1		1		Experience in Health & Safety teaching and training
Class 12 th Pass		3		1		Experience in Health & Safety teaching and training

Trainer Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Fundamentals of Occupational Health and Hygiene” mapped to the Qualification Pack: “HSS/N6606” with minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: “Trainer (VET and Skills)”, mapped to the Qualification Pack: “MEP/Q2601, v2.0” with minimum score of 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate	Healthcare (Medical/Nursing/Allied Science), Health & Safety, Community Worker,	2		2		Experience in Health & Safety teaching and training
Class 12 th Pass		4		2		Experience in Health & Safety teaching and training

Assessor Certification	
Domain Certification	Platform Certification
Certified for Job Role: “Fundamentals of Occupational Health and Hygiene” mapped to the Qualification Pack: “HSS/N6606” with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: “Assessor (VET and Skills)”, mapped to the Qualification Pack: “MEP/Q2701, v2.0” with minimum score of 80%.

References

Glossary

Sector	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
National Occupational Standards (NOS)	NOS are occupational standards which apply uniquely in the Indian context.
Qualifications Pack (QP)	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.

Acronyms and Abbreviations

NOS	National Occupational Standard(s)
NSQF	National Skills Qualifications Framework
QP	Qualifications Pack
PPE	Personal Protective Equipment
SOP	Standard Operating Procedure
WASH	Water, Sanitation, and Hygiene