



Fundamental of Occupational Health and Hygiene

Unit Code: HSS/N6606

Version: 1.0

NSQF Level: 2

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

Description

Individuals in this role will be trained to perform and adhere to basic health standards and workplace safety protocols, including WASH practices, hygiene, personal cleanliness, and food safety. The individual will also be able to comply with safety norms for self and others by identifying occupational health hazards, following preventive measures, and applying first aid skills when necessary.

Scope

The scope covers the following :

- Basic health standards and workplace safety protocols

Elements and Performance Criteria

- *Basic health standards and workplace safety protocols*

To be competent, the user/individual on the job must be able to:

- PC1.** Maintain proper personal hygiene, such as washing hands, wearing clean uniforms, and avoiding unhygienic behaviors.
- PC2.** Maintain respiratory hygiene (coughing/sneezing etiquette)
- PC3.** Apply personal protective equipment (PPE) where applicable (e.g., gloves, masks, helmet) or as per organizational norms
- PC4.** Adhere to organizational process related to cleaning and disinfecting workstations, tools, and equipment.
- PC5.** Adhere to preventive practices for avoiding occupational health hazards arising from various workplace
- PC6.** Assist in proper storing of materials to prevents accidents and minimizes the risk of damage or loss
- PC7.** Dispose of waste and manage spillages as per organizational norms to prevent contamination risks.
- PC8.** Comply with safe storage norms and handling of food and drinks in designated areas.
- PC9.** promptly report hygiene-related issues, such as spills, leaks, or pest infestations as per the organizational matrix
- PC10.** apply emergency response and safety norms during common injuries at the workplace, or contamination incidents.

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** Introduction to Hygiene and Its Importance
- KU2.** Proper handwashing techniques
- KU3.** Consequences of poor hygiene practices
- KU4.** Contamination and its associated risk
- KU5.** Donning and Doffing of Personal Protective Equipment at related workplace
- KU6.** Importance of menstrual hygiene and ways to maintain it at the workplace

- KU7.** About Workplace Sanitation and Waste Management including proper waste management practices.
- KU8.** About the Importance of managing wastewater and preventing pollution.
- KU9.** Foodborne illnesses and their prevention.
- KU10.** Importance of recognizing symptoms of food poisoning and dehydration
- KU11.** Process of preparing Oral rehydration solutions (ORS) using available household resources
- KU12.** Importance of avoiding consumption of food or drinks in workspaces where contamination risks exist.
- KU13.** Occupational Health and Preventive Practices
- KU14.** About the importance of keeping oneself aware of workplace hygiene policies and regular participation in training programs.
- KU15.** Basic ways to comply with Food Safety and Nutrition at the Workplace
- KU16.** Water, Sanitation, and Hygiene (WASH)
- KU17.** Emergency Hygiene Protocols such as First Aid, Chest compressions, Fire Safety, Fall Risk Management, Electrical Safety, scaffolding use

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** Read documents and information displayed at the workplace.
- GS2.** Communicate effectively with co workers and others
- GS3.** Plan day-to-day tasks maintaining self-health norms

Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
• <i>Basic health standards and workplace safety protocols</i>	40	60	-	-
PC1. Maintain proper personal hygiene, such as washing hands, wearing clean uniforms, and avoiding unhygienic behaviors.	-	-	-	-
PC2. Maintain respiratory hygiene (coughing/sneezing etiquette)	-	-	-	-
PC3. Apply personal protective equipment (PPE) where applicable (e.g., gloves, masks, helmet) or as per organizational norms	-	-	-	-
PC4. Adhere to organizational process related to cleaning and disinfecting workstations, tools, and equipment.	-	-	-	-
PC5. Adhere to preventive practices for avoiding occupational health hazards arising from various workplace	-	-	-	-
PC6. Assist in proper storing of materials to prevents accidents and minimizes the risk of damage or loss	-	-	-	-
PC7. Dispose of waste and manage spillages as per organizational norms to prevent contamination risks.	-	-	-	-
PC8. Comply with safe storage norms and handling of food and drinks in designated areas.	-	-	-	-
PC9. promptly report hygiene-related issues, such as spills, leaks, or pest infestations as per the organizational matrix	-	-	-	-
PC10. apply emergency response and safety norms during common injuries at the workplace, or contamination incidents.	-	-	-	-
NOS Total	40	60	-	-

National Occupational Standards (NOS) Parameters

NOS Code	HSS/N6606
NOS Name	Fundamental of Occupational Health and Hygiene
Sector	Healthcare
Sub-Sector	
Occupation	Environmental Health Services, Occupational Health Services
NSQF Level	2
Credits	1.5
Minimum Job Entry Age	14
Minimum Educational Qualification & Experience	Ability to read and write
Version	1.0
Last Reviewed Date	NA
Next Review Date	NA
CCN Category	3