# Competency Standard A: Maintain Health and Safety at Work Place

**Overview**: This competency standard covers the skills and knowledge required to protect from all hazards by ensuring personal saftey, workplace safety Machines/tools and equipment safety, interpret environmental regulation preparation and saftey of all tools and equipment.

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| **Competency Units** | **Performance Criteria** |
| 1. Ensure Personal Protective Equipment (PPE) | ***Trainee will be able to:***   1. Arrange PPEs as per requirements 2. Wear proper PPE as per nature of job 3. Store PPEs at appropriate place after use |
| 1. Maintain First Aid Box | ***Trainee will be able to:***   1. Ensure availability of first aid box 2. Check first aid box for requisite emergency medicines 3. Check expiry date of medicines 4. Perform first aid treatment against electric shock. 5. Perform first aid treatment/bandages against minor injuries |
| 1. Implement Safety Measures | ***Trainee will be able to:***   1. Take required health and safety training 2. Identify work place hazardous, Reasons, and materials |
| 1. Prepare for Emergencies | ***Trainee will be able to:***   1. Ensure emergency response exercises. 2. Perform mock exercise for first aid of Cardio Respiratory Resuscitation (CPR**)** 3. Perform mock exercises for first aid treatment against electric shock/minor injury |
| 1. Respond to Emergency | ***Trainee will be able to:***   1. Follow emergency plan 2. Communicate instructions 3. Assess risk and determine course of action. 4. Operate emergency equipment and supplies |
| 1. Dispose-off waste materials | ***Trainee will be able to:***   1. Separate waste into recyclable and non-recyclable category 2. Check local regulations 3. Handle hazardous waste carefully 4. Adopt responsible waste management habits |

**Knowledge & Understanding**

The candidate must be able to demonstrate the underpinning knowledge and understanding required to carry out the tasks covered in this competency standard. This includes the knowledge of:

1. Personal Protective Equipment (PPE) Types and its uses
2. First-Aid-Box and its uses.
3. Knowledge of first-aid-box items.
4. Fire, Fire Extinguisher its types, and uses
5. Types of fire extinguishing materials.
6. Hazard and its Types
7. Treatment of various hazards
8. Know about the techniques for the provision of first aid treatment.
9. Use of emergency equipment
10. Know about the emergency plan
11. Types of waste materials
12. Knowledge and understanding of waste material handling

**Critical Evidence(s) Required**

The candidate needs to produce the following critical evidence(s) in order to be competent in this competency standard:

* Demonstrate the use of required PPEs in front of the assessor as per the assessor’s directions
* Perform first aid treatment against electric shock/minor injury.
* Perform safety procedure at workplace
* Differentiate between safe and unsafe tools
* Identify the hazards and its remedies
* Differentiate between different types of fires

Assess risk and determine course of action