



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102105T4COH

Unit Code : HE/OS/TT/BC/05/5/A

**Unit of Competency : DEMONSTRATION OF OCCUPATIONAL HEALTH
AND SAFETY PRACTICES**

WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE:

- i. *In this assessment, you will be required to answer **ALL THE WRITTEN** questions.*
- ii. *You are allocated **THREE (3) HOURS** to answer all the questions.*
- iii. *This paper consists of **THREE** sections (A, B and C).*
- iv. *Marks for each question are indicated in the brackets.*
- v. *Provide all your candidate personal information, date and signature in the booklet provided.*

*This paper consists of **SEVEN (7) printed pages***

Candidate should check the question paper to ascertain that all the pages are printed as indicated.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

(Write the correct answer in the booklet provided, each correct answer is 1 mark)

1. Which of the following is an ergonomic hazard?
 - A. Inadequate lighting
 - B. Fumes
 - C. Parasites
 - D. Gas leaks
2. Identify an occupational health and safety program.
 - A. Health audit
 - B. Work safety
 - C. Administrative control
 - D. Medical surveillance
3. Dry powder extinguisher is used to extinguish which class of fire?
 - A. Class A and B
 - B. Class A
 - C. Class D
 - D. Class B
4. Which of the following is not a hazard control measure in a workplace?
 - A. Fire drill
 - B. Use of PPEs
 - C. Elimination
 - D. Substitution
5. One of the following statement is NOT true about OSHA.
 - A. It provides for the health, safety and welfare of persons employed
 - B. It is the responsibility of the employee to access necessary training from their desired sources at their own fees
 - C. It is obligatory for an occupier to provide and maintain systems and procedures of work that are safe and without risk to workers health.
 - D. The right use of PPE reduces risk of accident and illness and helps in creation of safer working environment

6. The legal responsibilities of an employer with regards to health and safety include?
 - A. Charging employees for replacing damaged or lost PPE
 - B. Providing safe system of work for all employees
 - C. Taking out additional insurance for dangerous work
 - D. Ensuring that only one member of staff works on a dangerous job.
7. What does OSHS not deal with?
 - A. Work safety
 - B. First Aid training
 - C. Provision of PPEs
 - D. Employability
8. Which of the following is unsafe workers behavior?
 - A. Smoking and taking alcohol
 - B. Being on time for work
 - C. Respect for others
 - D. Positive attitude towards co-workers
9. The following human factors can cause injury in a work environment
 - A. Lack of training
 - B. Ignorance
 - C. Improperly worn PPEs
 - D. All the above

10. Which one of the following work related activities can subject workers to psychological hazards?

- A. Working in a noisy area.
- B. Working in a company where you are not involved in decision making.
- C. Working in a construction site with falling objects.
- D. Working in an industry that emits sulfur dioxide.

11. Which year was Occupation health and safety Act enacted in Kenya?

- A. 1999
- B. 2007
- C. 2015
- D. 2002

12. What is an occupational disease?

- A. A chronic disease
- B. A contagious disease
- C. A chronic disease that occurs as a result of work or occupational activity
- D. A disease that cannot be controlled.

13. Which of the following statements best describe Occupational Health?

- A. Health practices aiming to balance all the working conditions and environment in the workplace setting.
- B. Health practice aiming to prevent work-related injuries and promote wellbeing in the workplace setting.
- C. Health practice controlling workplace infections by educating the workers on health preventive measures
- D. Controlling chemical factors in the workplace that may adversely affect human health

14. In Prevention of occupational diseases, engineering measures include one of the following

- A. Supervision of working environment
- B. Maintenance and analysis of records
- C. Health education and counselling
- D. General effective ventilation

15. Which of the following statement best describe the term Risk Control?
- A. Anything that promotes health
 - B. Illegal substances
 - C. Safe working procedures
 - D. Hazard control and management
16. Which of the following is the main importance of training employees?
- A. Increased productivity and performance
 - B. Reducing wastage
 - C. Boost morale
 - D. To change workers attitude
17. Which of the following is a healthy administrative behavior?
- A. Prolonged working hours
 - B. Constant overtime
 - C. Better remuneration
 - D. Lack of leave days
18. In case of an active shooting in a mall, what emergency action would you recommend?
- A. Training staff and customers.
 - B. Developing policies around emergency preparedness.
 - C. Run.
 - D. Put on PPEs.
19. Select from the following the least effective hazard control measure.
- A. Use of PPEs
 - B. Engineering control
 - C. Substitution
 - D. Administration control
20. Identify from the following a physical hazard.
- A. Gas leaks
 - B. Alcohol abuse
 - C. Bird droppings
 - D. Vibrations

SECTION B: (40 MARKS)

(Answer all the questions in this section by writing down your responses/answers in the booklet provided)

21. List TWO examples of a biological hazard. (2 marks)
22. A health audit is a systematic review of an organization's health practices and procedures. Identify THREE priority issues that a health audit can address. (3 marks)
23. State FOUR factors to be considered when selecting personal protective equipment for a factory worker. (4 marks)
24. It is crucial to get feedback from employees on occupational health and safety issues. Mention THREE methods of collecting such information in an organization. (3 marks)
25. Highlight FOUR challenges facing occupation health and safety in Kenya (4 marks)
26. State THREE rights of an employee in an organization as outlined in occupation health and safety legislation. (3 marks)
27. Identify THREE sources of noise pollution within a workplace environment (3 marks)
28. In relation to occupation health and safety, outline FOUR roles of an employer. (4 marks)
29. List THREE ways of evaluating workplace environment. (3 marks)
30. State FOUR examples of administrative control as a hazard control measure (4 marks)
31. Highlight FOUR challenges facing occupation health and safety legislation (4 marks)
32. Define the following terms as used in Occupational Health and Safety (3 marks)
 - a) Occupational health and safety
 - b) OSH Standards
 - c) Risk control

SECTION C: 40 MARKS

(Answer question 33 and any other)

33. A company in Nairobi has reported many cases of injuries and incidents related to their nature of work. As the occupational health and safety officer in the county, you have been appointed to facilitate a training to the company employees and management.
- a) Citing examples, explain FIVE types of hazards you will include in the presentation. (15 marks)
 - b) Outline FIVE indicators of these hazards in the workplace that the management should look out for (5 marks)
34. Risk assessment is a systematic process of identifying, analyzing and evaluating potential hazards and risks in a specific environment or activity.
- a) Explain FIVE main steps on how to undertake risk assessment. (10 marks)
 - b) Discuss FIVE major roles of stakeholders in risk assessment (10 marks)
35. In relation to occupation health and safety, contingency plan involve suitable emergency actions and responses to accidental hazards and accidents, with reference to this statement,
- a) Elaborate FIVE contingency measures you can advocate when working in a hospital Set-up. (10 marks)
 - b) Discuss FIVE emergencies that can occur in a school and emergency procedures you can recommend. (10 marks)