

102105T5COH

COUNSELLING PSYCHOLOGY LEVEL 5

Demonstrate Occupational Health and Safety

July/August 2025



AMREF INTERNATIONAL TRAINING CENTER

WRITTEN ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE:

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet.
4. **DO NOT** write on this question paper.

This paper consists of FOUR (4) printed pages
Candidates should check the question paper to ascertain that all pages
are printed as indicated and that no questions are missing.

SECTION A (40 MARKS)

Answer ALL the questions in this section.

1. Describe the following terms as used in Occupational Health and Safety. (3 marks)
 - a) Occupational health and safety
 - b) OSH Standards
 - c) Risk control
2. Biological hazards pose significant risks to workers in various environments. Outline **two** examples of a biological hazard. (2 marks)
3. Regular evaluation of workplace environment is essential in Occupational Health and Safety. Identify **three** benefits of conducting regular workplace evaluations. (3 marks)
4. Selecting the appropriate PPE requires careful consideration of various factors to ensure maximum protection and comfort. Based on this, Name **four** factors that should be considered when selecting PPE for a factory worker. (4 marks)
5. A manufacturing company recently noticed an increase in workplace accidents. Management wants to improve occupational health and safety by gathering feedback from employees on potential hazards and safety concerns. Identify **three** methods the company can use to collect this information. (3 marks)
6. To minimize risks, engineering controls are implemented as a primary method of hazard control. Enumerate **four** examples of engineering controls used to mitigate hazards. (4marks)
7. Occupational health and safety legislation ensure that employees are protected from workplace hazards and have the right to a safe and healthy working environment. These rights empower workers to demand proper safety measures and report unsafe conditions without fear of retaliation. State **three** rights of an employee in an organization as outlined in occupational health and safety legislation. (3 marks)
8. Noise pollution in the workplace can negatively impact employee productivity, communication, and overall well-being. Identify **three** sources of noise pollution within a workplace environment. (3 marks)
9. In relation to occupation health and safety, highlight **four** roles of an employer. (4 marks)

10. Evaluating the workplace environment is essential for ensuring employee well-being, productivity, and overall organizational success. Identify **three** ways of evaluating workplace environment. (3 marks)
11. Administrative controls are essential in minimizing workplace hazards. State **four** examples of administrative control as a hazard control measure. (4 marks)
12. Various challenges hinder the effective implementation and enforcement of occupation health and safety legislation, affecting worker safety and compliance. Mention **four** challenges facing this implementation. (4 marks)

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SECTION B (60 MARKS)

Answer Any Three Questions

13. You have recently joined Kiwanda Organization as a production worker in its manufacturing unit. Your daily tasks involve operating machinery, handling raw materials, and working in close proximity to other employees. Over time, you notice several workplace hazards.
- a) Explain **five** types of hazards you may encounter in Kiwanda organization. (10 marks)
 - b) Analyze **five** indicators of these hazards in a workplace. (10 marks)
14. A construction company in Nairobi is preparing to begin work on a multi-storey office building. Before the project starts, the site safety officer is tasked with conducting a thorough risk assessment.
- a) Discuss the **five** main steps on how to undertake risk assessment. (10 marks)
 - b) Explain **five** benefits of conducting risk assessment. (10 marks)
15. A primary school in Kisumu is developing an emergency preparedness plan in response to recent safety audits and regional hazards,
- a) Describe **five** contingency measures that will be included in the plan. (10 marks)
 - b) Discuss **five** emergencies that can occur in a school and emergency procedures you can advocate for. (10 marks)
16. As a laboratory technician at Amref International Training Center, you observe that several students are conducting practical sessions in a high-risk area without wearing the required Personal Protective Equipment (PPE).
- a) Describe **four** major types of Personal Protective Equipment that can be worn in the laboratory. (8marks)
 - b) Explain **six** reasons for misuse of PPEs in a work environment. (12 marks)