



Excellect 209 (PTY) LTD Trading as

# NICORE

## Training and Development

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# PRACTICE GOOD HEALTH AND GROOMING HABITS

US 243193

NQF Level: 01

Credits: 4

## COURSE OVERVIEW





## **PURPOSE OF THE UNIT STANDARD**

Learners credited with this unit standard are able to practice good health and grooming habits.

Qualifying learners are able to:

- Deal with common health conditions to help prevent the spread of illness.
- Practice good hygiene habits.
- Practice good grooming and dress habits.

## **Specific Outcomes and Assessment Criteria:**

### **SPECIFIC OUTCOME 1**

Deal with common health conditions to help prevent the spread of illness.

#### **ASSESSMENT CRITERIA**

1. Common unhealthy conditions are explained and three examples given of conditions that pose a risk to the health of others.
2. Action is taken to contain the condition or limit the spread of germs, and two examples are given in terms of practicing good health habits.
3. Illnesses or symptoms that could require professional help are named giving three examples in terms of practicing good health habits.

### **SPECIFIC OUTCOME 2**

Practice good hygiene habits.

#### **ASSESSMENT CRITERIA**

1. The importance of good hygiene habits is understood and three examples are given in terms of practicing good health habits.
2. Reasons for practicing effective hand washing are explained in terms of good health habits.
3. Hand washing is demonstrated and four examples given of when it is good practice to wash hands.
4. Unhygienic habits are described and three examples are given that would be unacceptable.
5. Reasons for not sharing personal items with others is understood and three examples given in terms of practicing good health habits.

### **SPECIFIC OUTCOME 3**

Practice good grooming and dress habits.

#### **ASSESSMENT CRITERIA**

1. Reasons for being well groomed are explained in terms of employer requirements.
2. Clothing is visibly clean and worn neatly in accordance with the worksite procedure and good grooming habits.
3. Clothing worn is in good repair in accordance with worksite procedures.

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## Practice Good Health And Grooming Habits

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4. Haircut and hairstyle, use of makeup and jewellery worn, do not interfere with cleaning tasks and reasons for this are explained in safety and good grooming habits.