

* 9. Using examples, distinguish between nutrition screening and nutritional surveillance.

~~Q~~ a) State three methods of preventing fire outbreak.

At this time of
identify people who are nutritionally
becoming so.

b) State two KEY stakeholders who in case of disasters such as fire are the most beneficiaries of material safety data sheet (MSDS). Justify how they benefit from MSDS

Done.

Do.

9. State three causes of work related stress and describe briefly how each cause can be combated.
- Task demands → amt of responsibility, physical danger, job stability → permanent pensionable, job turnover, workoverload
 - Physical demands of job → noise, T_o, lighting, vibration → DPPE
 - Role demands → expectations, role conflict → clearly outlined roles for each pos
 - Interpersonal demands → group pressure, clash & boss/colleague → Team building ex to Factor good relshp
10. The Occupational Safety and Health Act, 2007 of Laws of Kenya stipulates that each work place should have a fire safety preparedness plan. List five (5) indicators/evidences that should be in place to show that a work place is in compliance with the act.
- Highly flammable substance stored in fire resisting place → No fastening flacking doors
 - H₂ liquids to be covered in totally enclosed area

health service delivery in Kenya

→ Monitoring & evaluation

Effective service delivery & avoid UN1

Efficient, effective

provides national framework to guide investment in health sector across country

1. ensures equity in av. of investments needed for various delivery systems

2. The industrial demonstration in the United States of America in 1980's "Can't Take No More" was about poor working conditions. Outline two health problems mentioned by the demonstrators

Long working hours with no wages

- Harsh unsafe working conditions

→ HIV/AIDS
→ Fungal AOC

biological

chemical - pesticides ✓

physical - noise, radiation

mechanical - Accidents: helmets

psychosocial - Stress

ergonomic - Farmers - always ✓

bending, women carrying

receptacles & heavy loads and

their heads and backs.

5.

FGM, Early marriages, GBV

(a) Name two occupational hazards with potential to cause diseases or

abnormal health conditions in a rural setting like where you carried

out your community diagnosis exercise in weeks 6 and 7?

① Info & Education

② Accident & Incident investigation

③ Safety & Health Planning

(b) List three functions of occupational health and safety committees.

① Provides forum for employee & Mx to work together to improve health & safety

② Effective comm. can help prevent illness or injury on the job.

③ ↑ awareness of H&S issues among workers & supervisors

④ Develop strategies to make work env safe & healthy

(putting off) a work place fire outbreak including managing the

victims. 1. Local fire department/Brigade 4. First aiders (trained employees)

2. Supervisors

3. Fire extinguishers (ambulance)

5. Nearest health facilities

(b) What is the mandate of the Directorate of Occupational Health and

Safety Services in Kenya? Issues licenses, Reviews complaints & responds, Conduct Education

implements all from ministry Reviews the OSHA & Secretariat.

Briefly describe the timing, route and site of administration of the

- Health Centres

- Health promotion

- ↓ O burden

investigate Accidents

Measure workplace hazards

ME & surveillance of worker health

ensure compensation

6. Application of the so called '3 R's is crucial in implementation of occupational health and safety at work places. Briefly describe what they mean citing an example for each

Worker R. Rights & Responsibilities
Supervisor Resp.
Employer Resp.

Reports: Regular Check-ins
Respond: Good emergency response plan.
Review: detailed documentation of problem, solutions & policies adjusted accordingly.

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MVAC: → both adults & children → Measures accurate quantitative data
→ both under & over nutrition → Community diagnosis
→ Products and services

- 11/00/19
42. Write an account on psychological hazards in relation to industrialization in Kenya?
- Demands, skills, decision making, attitude, personal control of work & social interactions OR factors & situations encountered or associated with ones job or work environment that create or potentiate stress
 - Emotional stress or interpersonal problems – These hazards may affect health, both physical and mental health e.g psychosocial hazards
 - Various systems or arrangement of work i.e shift work particularly night/grave yard work, automated work e.t.c including interpersonal relationships at workplace
 - System of supervision may affect the mental, morale or physical health status
43. Discuss implementation process of health education aimed at reducing incidence of diarrhoea

9. State three causes of work related stress and describe briefly how each cause can be combated.
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- Highly flammable substance stored in fire resisting place → No fastening / locking doors
 - H/L liquids to be conveyed in totally enclosed pipe sys. in manner that cant be opened from inside.
 - No smoking or carrying flame producing stuff

Q. 10
Q. 11
Q. 12

State five (5) evacuation procedures to be followed on hearing fire alarm sound at a workplace.

Preconception care has a positive effect on a range of maternal and

9. Explain the steps you would take if you heard a colleague in your residence shout:
"Fire! Fire!" in the middle of the night

- R - Rescue
- A - Alarm
- C - Contain
- E - Extinguish
- E - Evacuate

10. As the Director of Kericho Sub-district Hospital, your staff have reported a sudden

6/1/2014
4th YE
D

Psychology
Education
Sociology
Anthropology
Child Psychology
Developmental Psychology
Interactions with

goals of your choice. • Environment | sustainability

- a. Name three occupational hazards with potential to cause occupational diseases in a rural community like Kibicho and name disease or health condition associated with the hazards? • Farming - Posttraumatic stress disorder
- b. List two types of work activities (jobs) guided by time weighted average (TWA). • Radiation - Radiotherapy
• Noise - Fractures B.S. 116

The current campaigns on condom use tend to breach many social regulations. Discuss this statement listing three examples of such breach.

Outline four principles of reducing exposure to occupational hazards in a workplace. Briefly distinguish with examples the following demography concepts.

regulative
notification
health-
workplace
avoid elimination
monitoring of
emissive exposure

regulations.
underage workers
Health reduction of
Protective Gear
guarding of dangerous machinery

listing three examples of such breach.
culture.
EXAMPLE
• monitoring & assessment
• Initiative → A/B
• ACTION → Emergency readiness & D.O.
• EVALUATION → survey & planning

Management of diarrhoeal diseases (20 marks)

4. With aid of a diagram, explain the hierarchy of sound Municipal Solid Waste Management (MSWM) [20 marks].
5. Describe the health systems building blocks in a country. Explain the significance of these building blocks in health care delivery in reference to

Management of
diarrhoeal diseases

OCCUPATIONAL HEALTH AND SAFETY

- **Name 2 occupational hazards with potential to cause diseases or abnormal health conditions in a rural setting like where you carried out your community diagnosis exercise in weeks 8 and 9**
- *Extremes of temperature:*
 - a) *Heat: heat edema, heat rashes, heat cramps, heat exhaustion, heat syncope and heat stroke*
 - b) *Cold: frost nip, frost bite and hypothermia*
- *Ergonomics: air pollution, infertility and accidents*
-

- Name 3 chronic health conditions that are associated with long term exposure to pesticides.
 - Congenital
 - Skin
 - Respiratory
 - Eye
 - Cancers

- **List 3 functions of occupational health and safety committees**

- i. *Establish a schedule of inspection of the workplace for each calendar year*
- ii. *Conduct inspection at least once in 3 months*
- iii. *Establish adequate communication between management and workers on matters of health and safety*
- iv. *Identify occupational hazards and cases of ill health and make appropriate recommendations*
- v. *Compile statistics of accidents, dangerous occurrences and cases of ill health at workplace for remedial measures, planning and resource allocation*
- vi. *Advise of adequacy or otherwise of safety and health measures for particular hazardous work or activities*
- vii. *Investigate complaints relating to workers health, welfare and safety at workplace and make representations employer*
- viii. *Conduct seminars and workers' education programme; safety, health and welfare information*

- **State 4 key stakeholders who should be involved in fire safety; in managing (putting off) a work place fire outbreak including managing the victims**
 - i. *County and private fire brigades*
 - ii. *Nearest health facilities plus health care professionals*
 - iii. *County and private ambulance services*
 - iv. *County and national police*
 - v. *Relevant NGOs and Red Cross*
 - vi. *County staff*
 - vii. *City council*

- **What is the mandate of the Directorate of Occupational Health and Safety Services in Kenya?**
- *Is a department under the ministry of labour in charge of implementing the occupational health act*

- **Name all the classes of fire and state the type of fire extinguishers corresponding to each class of fire.**

CLASS/TYPE OF FIRE	EXTINGUISHER USED
<u>Class A</u> Fires involving the burning of ordinary material	Large quantities of water Sand
<u>Class B</u> Fires that occur in vapour mixture of flammable material	Foam, Carbon dioxide or Dry powder
<u>Class C</u> Fires caused by energized electrical equipment	Carbon dioxide or Dry powder
<u>Class D</u> Fires that involve burning of metals (potassium, sodium, lithium, titanium)	Special extinguishing powder which covers the surface or CO ₂ , water or dry powder

- Describe two types of medical examinations other than the pre-medical examination of which workers are subjected to.
- Name 2 major approaches recommended for the control of occupational dermatoses
- What FIVE major categories /types of occupational hazards are we concerned with at work place environment?
 - a) Give an example of each hazard you list in (a)
 - b) State how each of the hazard can be prevented or minimized
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- Define the concept of occupational accidents
- Describe two worker related and two work environment related causes of accidents
- What FIVE major categories /types of occupational hazards are we concerned with at work place environment?
 - a) Give an example of each hazard you list in (a)
 - b) State how each of the hazard can be prevented or minimized
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- a) Differentiate between Environmental Management & Coordination Act 1999 and Occupational Safety & Health Act Cap 514 of Laws of Kenya.
- b) State four purposes of accident investigation at work place.

- List five major causes of occupational dermatoses and state how each can be controlled.
- Name 3 specific ergonomic hazards and the associated health outcomes. Briefly state how each hazard can be prevented or minimized.
- Describe briefly 5 methods recommended for the control of pneumoconiosis.
- Describe 5 problems that may affect the work place/environment due to use of alcohol and illicit drugs by the workers.
- Work load may cause job related stress. Briefly explain .
- Accidents are caused, they do not just happen! Explain two worker-related and three working environment factors that may lead to accidents at places of work.
- Explain the AREC concept.



- In order to answer this question, refer to Figure 1
 - a) Name 5 major types of potential health hazards to which this particular worker is exposed.
 - b) Briefly describe 2 acute and 3 chronic health outcomes which may result from the hazards named in (i).

- Name and describe three blood borne pathogens that health care workers
- may be exposed to at their work place. Propose the control measured to these risks.
-
- List five (5) methods or practices other than use of personal protective clothing which should be practiced in order to minimize the health hazards in the work environment.

- Some of the accidents at work places are due to human factors. State 5 ways/methods that ought to be exercised to prevent or substantially reduce human related accidents.

- Mr. Kenya wishes to expand his textile manufacturing factory. Cotton farmers are very excited because the factory will be receiving raw cotton from farmers thus boosting their income. The government is also very pleased because Mr Kenya will create some jobs as part of the projected 500,000 jobs/year. Mr Kenya though an entrepreneur is aware of potential trouble pertaining to occupational health issues. He wishes to hire you to assist.
 - a) Using examples, explain to Mr. Kenya about four occupational hazards associated with this kind of factory and how he can protect the workers health from each hazard.
 - b) Explain to him how to obtain data that he can use to determine whether the working environment is healthy once operations start.
- Putting up an occupational health and safety management system will not only protect workers health and well being but may also increase his profits and corporate image of his organization. Outline to Mr. Kenya the elements of an effective occupational health and safety management system.

- Material Safety Data Sheet (MSDS) is a very important document in specific work places.
 - a) Name 3 types of information contained in MSDS
 - b) State two important sets of information provided in MSDS useful to the health care workers at times of disaster/ incident.

- Describe what you understand by the term Port Health Office?
 - a) Where in a country should it be located?
 - b) What are the functions of a Port Health Office
 - c) Name Four diseases of which a Port Health Office is concerned with in Kenya

- Write an account on psychological hazards in relation to industrialization in Kenya?
 - a) They result from a complex interplay of job and the following factors:-
 - b) Demands, skills, decision making, attitude, personal control of work & social interactions OR factors & situations encountered or associated with one's job or work environment that create or potentiate stress
 - c) Emotional stress or interpersonal problems – These hazards may affect health, both physical and mental health e.g psychosocial hazards
 - d) Various systems or arrangement of work i.e shift work particularly night/grave yard work, automated work e.t.c including interpersonal relationships at workplace
 - e) System of supervision may affect the mental, morale or physical health status