

# Level 2 Award in Hygiene in Health and Social Care



Chartered  
Institute of  
Environmental  
Health

## Syllabus

### A INTRODUCTION TO HYGIENE

Candidates should understand the terminology used in good hygiene practice and should be able to:

- i Define the terms hygiene, infection, transmission, micro-organism and incubation.
- ii State the consequences of poor standards of hygiene and the benefits of good standards.
- iii Understand the relationship between hazard and risk and how this can help prioritise action.
- iv Explain the concepts of 'duty of care' and 'due diligence'.
- v Understand the importance of training, training records and refresher training.
- vi Be aware of the legislation relating to hygiene practice including the Public Health Act 1984.

### B HYGIENE HAZARDS

Candidates should understand the concepts of hygiene hazards and how the risks can be controlled and be able to:

- i State the common causes of infection and their effect on health.
- ii Describe the different types of micro-organisms, where they are found and their means of transmission, including bacteria, viruses, fungi and parasites.
- iii Explain the process by which micro-organisms spread and the factors that influence the spread of disease.
- iv Describe how harmful micro-organisms can be destroyed and the methods used to minimise effects.
- v Understand the concept of contamination and cross-contamination as well as infection and cross-infection.

### C PERSONAL HYGIENE

Candidates should understand the importance of good personal hygiene and should be able to:

- i Detail the need for, and suitable methods of, hand washing.
- ii Demonstrate suitable hand washing techniques.
- iii Describe the risks if hands are not correctly washed and the action to take if there are cuts or abrasions to the skin.
- iv Describe the importance, properties, use, and care of protective clothing and equipment.
- v In general terms, state the risks associated with exposure to infectious diseases at work and at home.

### D CLEANING

Candidates should recognise the need for high standards of hygiene and the importance of cleaning and should be able to:

- i Understand the role of cleaning in preventing infection.
- ii Explain the importance of premises being suitably constructed, fitted out and equipped and the hazards associated with faulty surfaces and equipment.
- iii Describe the facilities that should be provided for adequate cleaning.
- iv Explain the terms cleaning, disinfection, sterilisation and decontamination.
- v Describe how cleaning chemicals, disinfectants and sanitizers are used safely.
- vi Describe how clean and suitable cloths should be used for different tasks.
- vii Understand the significance of cleaning schedules.
- viii Describe the correct procedures for dealing with waste, sharps and spillage.

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