



THE
LEARNING
DEVELOPMENT
GROUP

Introduction

Personal Hygiene for Healthy Living is a sub-portfolio within Health, Safety and Hygiene that offers a selection of three practical, accredited personal health and hygiene Unit Standards that can be run individually or in combination, to suit delegate requirements.

The Unit Standards are aimed at individuals working in different industries where knowledge of the importance of personal health, cleanliness, professional appearance, practicing good hygiene habits, preventing the spread of illness, nutritious eating, avoiding drug dependencies and being involved in sport and recreational activities, is essential to overall health and work performance.

Topics include complying with legislation and organisational policies, following procedures around illness, understanding the importance of following good hygiene and grooming and healthy eating and recreational practices.

Target Audience

The programme is aimed at individuals living and working in any environment or economic sector, including cleaning support roles in business, medical facilities, pharmaceutical, food and beverage, hospitality, wholesale and retail, warehousing and manufacturing.

Entry Requirements

- Competence in Communication Skills at ABET Level 3.
- Competence in the Unit Standard, Understand Basic Cleaning Principles, Level 1.

Additional Requirements

- Access to appropriate workplace activities.
- Active support and mentorship by your manager.
- Internet and bandwidth to accommodate virtual, facilitator-led sessions, if applicable.

Health, Safety & Hygiene

Personal Hygiene for Healthy Living

SERVICES SETA Statement of Results

US ID: 7800 & 243193 & 14659

NQF Level: 1

Credits: 9

Course Delivery & Assessment

We use in-classroom, virtual classroom and blended interactive, facilitated training, group discussions and practical exercises to embed skills.

You will need to:

- Attend all scheduled sessions.
- Demonstrate theoretical and practical understanding of course content.
- Complete practical assignments.
- Participate in group activities and discussions.
- Compile and submit a Portfolio of Evidence (PoE).

To receive your SOR, Personal Hygiene for Healthy Living, you will need to compile, submit and be found competent on a Portfolio of Evidence (PoE).

Learning Outcomes

By the end of this programme, you will be able to:

- Explain the reasons and importance of complying with legislative and organisational policies on personal hygiene and professional appearance.
- Understand the importance of wearing clean clothing and maintaining a professional appearance.
- Maintain personal cleanliness, hygiene and grooming.
- Describe what organisational policies to follow if one is sick.
- Deal with common health conditions to help prevent the spread of illness.
- Practice good hygiene, cleanliness, grooming and dress habits.
- Explain the basic principles of personal hygiene.
- Understand healthy and nutritious eating habits.
- Understand the consequences of abusing drugs and medicine.
- Understand the importance of sports and/or recreational activities for a healthy lifestyle.





Course Content

Personal Hygiene for Healthy Living

Accreditation Body: SERVICES SETA

SAQA ID: 7800	NQF Level: 1	Credits : 1
SAQA ID: 243193	NQF Level: 1	Credits : 4
SAQA ID: 14659	NQF Level: 1	Credits : 4

US: Maintain Health Hygiene and Professional Appearance

- Explain the reasons and importance for complying with legislative and organisational policy with regards to personal hygiene and professional appearance
- Explain organisational procedures to be followed when a person is suffering an illness

US: Practise good health and grooming habits

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

US: Demonstrate an understanding of factors that contribute towards healthy living

- Explain the basic principles of personal hygiene
- Demonstrate an understanding of healthy and nutritious eating habits
- Demonstrate an understanding of the consequences of abusing drugs and medicine
- Demonstrate an understanding of sports and/or recreational activities for a healthy lifestyle



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