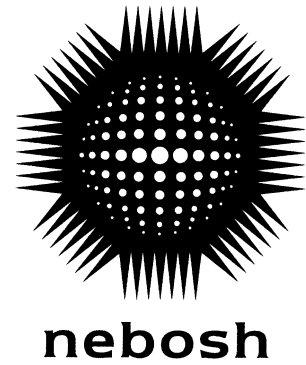


NEBOSH National Certificate in the Management of Health and Well-being at Work

UNIT NHC1 - Managing health and well-being in the workplace



Duration of examination: 2 hours

Answer **ALL** questions.

The maximum marks for each question, or part of a question, are shown in brackets.

Start each answer on a new page.

Answers may be illustrated by sketches, where appropriate.

This question paper must be returned to the invigilator after the examination.

You are advised to spend about **half an hour** on **Question 1**.

You are advised to spend a total of about **one and a half hours** on **Questions 2-11**.

- | | | |
|----------|--|------------|
| 1 | (a) Outline the role of primary health care. | (4) |
| | (b) Identify health care professionals who may provide a primary health care service. | (4) |
| | (c) Outline the possible conflicting role of health care professionals who work with both the employee and the organisation. | (4) |
| | (d) Identify FOUR national specialist support services that are available to assist individuals and/or organisations AND outline the services that EACH provide. | (8) |
| | | |
| 2 | (a) Outline the role of health surveillance in the workplace. | (4) |
| | (b) Outline measures that should be taken by the employer when health surveillance results show that an employee's work is affecting their health. | (4) |
| | | |
| 3 | Identify current issues that increase the significance of health and well-being at work. | (8) |

- 4 An employer's sickness absence management policy includes reference to the employer keeping in contact with the employee.
Outline possible reasons why the employee may be reluctant to respond to contact from the employer. (8)
- 5 (a) **Outline** ways in which a manager could help reduce the risk of employees developing musculoskeletal injuries. (6)
(b) **Identify** types of non-work-related activity that could contribute to the development of work-related upper limb disorders (WRULDs). (2)
- 6 (a) **Outline** effects that an employee's alcohol misuse could have on other members of the workforce. (4)
(b) **Identify** occasions when alcohol screening may be carried out in the workplace. (4)
- 7 (a) **Give** the meaning of the term '*health promotion*'. (2)
(b) **Identify** *domestic* factors that influence the health and performance of working age people. (6)
- 8 **Outline** possible effects that depression may have on a person's health and behaviour. (8)
- 9 Machine operators work in a large, open-plan workshop where they are exposed to high levels of noise throughout their working day.
(a) **Identify** the effects of noise on the machine operators' health. (5)
(b) **Identify** the effects of noise on the machine operators' work performance. (3)
- 10 Work-related stress is one of the major causes of sickness absence.
Outline the likely content of a stress management policy. (8)
- 11 **Identify** costs to an organisation when employees are absent due to work-related ill-health. (8)



Do not turn this question paper until you are instructed to do so by the invigilator.

Please check your student number and name printed on this document are correct. If they are not correct you **MUST** inform the invigilator immediately.

Student Number:

Name:

Examination date:

Please also check that this paper is for the correct Unit and Qualification:

Unit: **NHC1 – Managing health and well-being in the workplace**

Qualification: **NEBOSH National Certificate in the Management of Health and Well-being at Work**

At the end of the examination you must return this question paper to the invigilator.