INSTRUCTIONS:
Answer all questions as instructed on the booklets provided.

Question 1

The most common pollution that occur in Namibia is caused by fires. Identify the main causes of fire.

Possible answers

- Open flames from, for example matches
- Hot surfaces, for example hot plates and heating ovens
- Electrical overheating
- Electrical arcing and sparking
- Sparks from tools or when lights or motors are switched on
- Friction and grinding
- Spontaneous heating – for example mixing the wrong chemicals
- Sparks from welding and cutting
• Static electricity and explosions
• Cigarettes

Question 2

2.1 You are an instructor in the workshop. You observe the following unsafe acts by the trainees in the workshop. Explain some simple precautions you would take to make the situation safe immediately and also for the future. Write down at least one simple precaution for each of the scenarios below. (3)

a) Students running between machines
   • Tell students about the safety rules and regulations in the workshop
   • Tell them the dangers of running in the workshop

b) A student using a grinding machine without wearing safety glasses
   • Immediately switch off the power to the machine
   • Ask all students to stop working
   • Remind all students about the need to use safety equipment

c) A spill of oil on the floor of the workshop
   • Ask the students to clean up the spills
   • Ask students why it is necessary to clear up spills (to prevent people from slipping)
   • Tell them about the dangers of a wet floor – can slip and injure

2.2 Name seven (7) things that you can do to keep your workshop safe. (7)

Possible answers
• Observe all safety rules in the workshop
• Keep the workshop tidy
• If an accident happens, report it to the person in charge
• Make sure you know the meaning of all safety and warning signs
• Any spills should be cleaned straight away
• Report broken machinery
• Put away all equipment after using
• Display safety posters at strategic places
• Make sure all chemicals are labelled and put away as soon as you finished it
2.3 Using PPCE does not remove or even control a hazard, it just reduces your exposure to the hazard which still exists. What are the three things that must be done to make sure PPCE work properly?  

- PPCE will only work if they are selected carefully
- They are used and looked after properly
- People are trained how to use them

1.4 Mention two most important things to do when an accident or emergency occurs.  

Any two answers from the list below:
- Keep yourself safe
- Keep calm
- Act quickly AND
- Don’t panic
- Remember what you have learned

Question 3  

3.1 Explain why it is important to have laws and regulations in place regarding Occupational Health and Safety in the workplace.  

- It is the right of every citizen of a country to work in a safe and healthy environment.
- Laws and regulations must be in place to protect our health and safety as employees in a workplace.

3.2 Why do you think it is important for you as an instructor to know the duties and activities of Occupational Health and Safety Inspectors?  

Possible answers
- Gives guideline to know where to report any accidents or serious injuries which may occur at work (1)
- To report any misconduct regarding health and safety by the employer (1)
- It give guidelines about what safety rules and regulations must be in place in your workshop where you train your trainees (1)
- You will also receive regular inspections from Occupational Health and Safety Inspectors to your workshop to determine if you give training in a safe environmental (1) which complies with the Occupational Health and Safety rules and regulations (1)
3.3 Stress can lead to long term health problems. Headaches, anxiety and impatience are early signs of stress. Name any six (6) workplace causes of stress.

- Heavy workloads
- Lack of control over the pace of works
- Shift work
- Noise
- Working by yourself
- Fear of job loss
- Conflict with the employer

Question 4

4.1 Automotive products such as petrol, used motor oil, battery acid and others can harm the environment. Describe briefly how these products can have a negative impact on the environment by means of relevant examples.

- Can contaminate the environment in various ways. (1) For example, oil can contaminate the sea water and fish can die. (1) or any other relevant examples.
- Most of them will negatively affect water resources (1) and therefore the systems e.g. dam, etc. depending on this natural resource. (1)

4.2 Describe in your own words the term pollution.

- Mainly affects natural resources such as ground water, clean air, food and fertile soil (2)
- Man needs these resources for his survival (2)
- Pollutants can contaminate the area where it is produced, i.e. smokestacks of coal burning power plants and smoke from exhaust systems of motor vehicles (2)
- Known as point source pollution is found near and around areas and industrial sites (2)
- Can also come from agricultural activities – i.e. runoffs of fertiliser and pesticides into streams and lakes (2)

4.3 What do you think can be done about pollution in Namibia?

- Control it as a source
- Use less harmful chemicals and processes
- Refuse to use harmful substances
- Reuse as much as possible, (1) Recycle used materials (1)
4.4 Fill in the missing word below:

………………… is unwanted or undesired material left over after the completion of a task.  

Waste (1)