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SOUTH AFRICAN QUALIFICATIONS AUTHORITY

SAQA US ID	UNIT STANDARD TITLE			
254221	Prevent musculoskeletal injuries to self during lifting and carrying activities			
ORIGINATOR				
SGB Occupational Health and Safety				
FIELD			SUBFIELD	
Field 09 - Health Sciences and Social Services			Preventive Health	
ABET BAND	UNIT STANDARD TYPE	PRE-2009 NQF LEVEL	NQF LEVEL	CREDITS
Undefined	Regular	Level 3	NQF Level 03	3
REGISTRATION STATUS		REGISTRATION START DATE	REGISTRATION END DATE	SAQA DECISION NUMBER
Reregistered		2015-07-01	2018-06-30	SAQA 10105/14
LAST DATE FOR ENROLMENT		LAST DATE FOR ACHIEVEMENT		
2019-06-30		2022-06-30		

PURPOSE OF THE UNIT STANDARD

This unit standard is designed for learners who perform activities such as lifting, carrying, sitting or standing for long periods, especially those involved in ambulance/emergency care, fire fighting, life saving, nursing, home care, auxiliary and ancillary health care, community work, child care work, industrial labour, and sedentary work.

Learners credited with this unit standard, will be able to identify the causes of workplace back and neck injuries, and explain and/or demonstrate methods to prevent such injuries.

Qualifying learners will be capable of:

- ☑ Explaining the anatomy and bio-physical functioning of the back and neck in relation to bending and lifting.
- ☑ Demonstrating correct lifting and carrying techniques.
- ☑ Describing non-manipulative methods for relieving back and neck pain.
- ☑ Explaining and demonstrating methods of preventing back and neck pain.

LEARNING ASSUMED TO BE IN PLACE AND RECOGNITION OF PRIOR LEARNING

Communication at NQF Level 2.

Specific Outcomes and Assessment Criteria:

SPECIFIC OUTCOME 1

Explain the anatomy and bio-physical functioning of the back and neck in relation to bending and lifting.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

The general anatomy and bio-physical functioning of the back and neck are described in relation to movement.

ASSESSMENT CRITERION RANGE

Bones, joints, ligaments, muscles and tendons.

ASSESSMENT CRITERION 2

The normal curvatures of the spinal column are explained in order to recognise abnormalities which could cause chronic pain.

ASSESSMENT CRITERION 3

The common causes of both acute and chronic back and neck pain are described.

ASSESSMENT CRITERION RANGE

Causes include but not limited to:

☑ Anatomical abnormalities; old injuries; posture; wrong exercise; poor diet; febrile illnesses; stress; ageing.

SPECIFIC OUTCOME 2

Demonstrate correct lifting and carrying techniques.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

Correct techniques to prevent back and neck injuries are demonstrated when lifting objects from above, below and at shoulder levels.

ASSESSMENT CRITERION 2

Correct techniques to prevent back and neck injuries, are demonstrated when moving objects by either pushing or pulling motions.

ASSESSMENT CRITERION 3

Correct techniques to prevent back and neck injuries when carrying mobile or immobile objects are demonstrated.

ASSESSMENT CRITERION RANGE

Includes but is not limited to:

☑ Packages; infants; children; adults.

SPECIFIC OUTCOME 3

Describe non-manipulative methods for relieving back and neck pain.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

The importance of consulting a medical practitioner when affected by neck and/or back pain is explained and emphasised.

ASSESSMENT CRITERION 2

Self-help methods to ease back and/or neck pain when immediate medical intervention is unavoidable are described.

ASSESSMENT CRITERION RANGE

Rest, hot and cold therapy, over-the-counter medication; exercises.

SPECIFIC OUTCOME 4

Explain and demonstrate methods to prevent back and neck pain.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

Exercises to strengthen the abdominal, lower back and neck muscles are demonstrated.

ASSESSMENT CRITERION RANGE

Includes but not limited to:

- ☑ Stretching, bending, tai chi movements.

ASSESSMENT CRITERION 2

Back-care methods at work or at home are identified and demonstrated.

ASSESSMENT CRITERION 3

The need for good nutrition is explained and basic daily food requirements are identified.

UNIT STANDARD ACCREDITATION AND MODERATION OPTIONS

☑ Anyone assessing a candidate against this unit standard must be registered as an assessor with the relevant ETQA or ETQA that has a Memorandum of Understanding in place with the relevant ETQA.

☑ Any institution offering learning that will enable achievement of this unit standard must be accredited as a provider through the relevant ETQA or ETQA that has a Memorandum of Understanding in place with the relevant ETQA.

☑ Moderation of assessment will be overseen by the relevant ETQA or ETQA that has a Memorandum of Understanding in place with the relevant ETQA according to the moderation guidelines and agreed ETQA procedures.

Critical Cross-field Outcomes (CCFO):

UNIT STANDARD CCFO IDENTIFYING

Identify and solve problems pertaining to back and neck injuries.

UNIT STANDARD CCFO WORKING

Work effectively with others as a member of a team/group/organisation /community.

UNIT STANDARD CCFO ORGANISING

Organise and manage oneself and one's activities effectively and responsibly by preventing back and neck injuries.

UNIT STANDARD CCFO COLLECTING

Collate information of methods to prevent back and neck injuries.

UNIT STANDARD CCFO COMMUNICATING

Communicate effectively using visual and language skills in the modes of oral and written communication.

UNIT STANDARD CCFO SCIENCE

Use science and technology effectively and critically applied towards back health in the relevant environment.

UNIT STANDARD NOTES

Recognition of Prior Learning:

This unit standard may be achieved in part, through recognition of prior learning. Evidence may be presented in a variety of forms such as peer reports, mentoring, portfolios of evidence, work performance records. Such evidence should be judged according to the general principles of assessment. Learners who have met the requirements of this unit standard may apply to the relevant ETQA for recognition of prior learning.

Credit Justification

Total hours required by the learner to achieve the required outcome:

Classroom Teaching; 18 hours.

On-the-job Training (Practical); 6 hours.

Practice; 2 hours.

Self-study; 4 Hours.

Total = 30 hours.

Credits Achieved: = 3.