

## Unit 9: Maintain Healthy, Safe & Secure Working Environment

- Q1. What is occupational health?
- Q2. What is the importance of the Occupational Safety, Health and Working Conditions (OSHWC) Code?
- Q3. What is Personal Protective Equipment (PPE) and why is it necessary?
- Q4. What is meant by good posture and why is it important at the workplace?
- Q5. What is workplace stress?
- Q6. Why is air quality important in the workplace?
- Q7. What is the Air Quality Index (AQI)?
- Q8. Why is workplace cleanliness important?
- Q9. What is the importance of ergonomics in the workplace?
- Q10. What is workplace violence and why is it a concern?