

SFHGEN1

Ensure personal fitness for work



Overview

This standard covers your responsibility to make sure you are fit for work in clinical/therapeutic areas and focuses on preventing cross infection from a personal point of view.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 make sure that you are fit for work
- P2 report any personal episodes of illness and infection which could compromise your work to the person in charge of your shift
- P3 report any episodes of illness or infection in close social contacts which could compromise your work to the person in charge of your shift
- P4 visit your General Practitioner or Occupational Health Service when situations occur that may compromise work
- P5 keep your manager fully informed of the need to be away from work
- P6 maintain a clean and healthy personal status
- P7 promptly resolve problems of personal hygiene before risk of cross infection can occur
- P8 ensure that all necessary health promotion schemes such as vaccination for work and social activities are taken up as advised by the Occupational Health Department
- P9 comply with national regulations related to viral antigen testing before starting and during employment when involved in exposure prone procedures

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Knowledge and understanding

You need to know and understand:

- K1 the current European and national legislation, national guidelines and local policies and protocols which affect your work practice in relation to ensuring personal fitness for work, including:
 - K1.1 health and safety
 - K1.2 moving and handling
- K2 your responsibilities and accountability in relation to the current European and national legislation, national guidelines and local policies and protocols
- K3 how to access your local policies and procedures relating to:
 - K3.1 health and safety
 - K3.2 moving and handling
- K4 the importance of:
 - K4.1 being fit for work
 - K4.2 maintaining high standards of personal hygiene at all times
- K5 the causes of infection and cross-infection
- K6 the application of standard precautions for infection control and other relevant health and safety issues
- K7 procedures for reporting:
 - K7.1 the need to be absent from work for any reason
- K8 any episodes of any contagious illness you may have or in the people you live with to the appropriate person

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: Core 3 Health, Safety and Security

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Developed by	Skills for Health
Version number	1
Date approved	June 2010
Indicative review date	June 2012
Validity	Current
Status	Original
Originating organisation	Skills for Health
Original URN	GEN1
Relevant occupations	Health, Public Services and Care; Nursing and Subjects and Vocations Allie; Healthcare and Related Personal Services
Suite	General Healthcare
Key words	general health care