

Undergraduate Diploma in Occupational Health and Safety Intake October 2025

Assessment Task: One written assignment based on chosen questions	
Module: Managing Physical Hazards	Tuition Centre: 21 Academy Licence Number: 2018-017
Level: MQF Level 5	Student Name:
Date:	ID Number:
Assignment Deadline: 09 July 2026	
<p>Task</p> <p>This assignment aims to assess your understanding of Managing Physical Hazards your ability to apply effective risk control measures. Through the questions provided, you will analyse common Physical Hazards and demonstrate your knowledge of health and safety regulations within the workplace.</p> <p>Note</p> <p><i>You should plan to spend approximately 30 hours researching the assignment question, preparing for, and writing the assignment for assessment. The nominal word count for the assignment is 1,700 words.</i></p> <p><i>Please ensure that you refer to 21 Academy's Assignment Guidelines for comprehensive information regarding the submission of your assignment. Additionally, the assignment submission form must be included with your completed work, clearly indicating which question you have chosen to answer by ticking the box next to the question number.</i></p>	
<p>Answer 1 (one) question from the following:</p> <div style="margin-bottom: 10px;"> ☐ Question 1: Construction Sector A construction company is carrying out structural works on a multi-storey commercial building during the summer period. Workers are exposed to several physical hazards while performing daily activities on-site. Critically analyse the risks associated with work at height and heat stress in the construction environment. Your discussion should examine how falls from scaffolding, fragile surfaces, unstable working platforms, prolonged exposure to direct sunlight, dehydration, and physically demanding tasks may lead to serious injuries or health conditions. Evaluate the responsibilities of employers and workers in managing these hazards effectively. You are also required to recommend suitable control measures using the hierarchy of control, including scaffolding safety, edge protection, supervision, hydration measures, shaded rest areas, work scheduling, PPE, training, and emergency response procedures. Practical examples from the construction sector should be included throughout the discussion. </div> <div> ☐ Question 2: Healthcare Sector A healthcare facility employs nurses, maintenance staff, cleaners, and patient-handling teams who are exposed to a variety of workplace physical hazards. Critically discuss the risks associated with manual handling hazards and electrical hazards within the healthcare environment. Your assignment should evaluate how patient lifting, repetitive movements, and poor ergonomic practices contribute to musculoskeletal disorders and back injuries. In addition, analyse the risks linked to medical equipment, damaged electrical devices, and temporary electrical systems used in healthcare settings. Discuss employer obligations relating to risk assessment requirements, worker training, equipment maintenance, and inspection duties. Recommend practical control measures such as ergonomic interventions, mechanical lifting aids, preventive maintenance </div>	

systems, safe systems of work, and electrical safety procedures. Occupational health and safety principles should be incorporated throughout the discussion.



Question 3: Manufacturing Sector

A manufacturing plant operating heavy machinery and production lines exposes workers to several significant physical hazards during routine operations. Critically evaluate the risks associated with machinery and mechanical hazards together with occupational noise

exposure in the manufacturing environment. Your discussion should include hazards such as entanglement, crushing, moving machine parts, stored energy, excessive machinery noise,

and long-term hearing damage. Examine how unsafe acts, poor maintenance, and inadequate supervision may contribute to workplace incidents. Analyse employer and

worker responsibilities in controlling physical hazards within the workplace. Recommend suitable control measures including machine guarding, lock-out/tag-out procedures, preventive maintenance programmes, engineering noise controls, exposure monitoring,

PPE, worker training, and health surveillance. Practical workplace examples should be included throughout the assignment.

Pass Mark of total weighted score, including Presentation and Self-Assessment - 50%	Assignment weighted score 60%
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By submitting I confirm that this assessment is my own work

Mark:	Signature: <main assessor>
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Date	Signature: <quality assurance>
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