



QUALIFICATION FILE – Standalone NOS

< Fundamental of Occupational Health and Hygiene >

☒ Horizontal/Generic ☐ Vertical/Specialization

☐ Upskilling ☐ Dual/Flexi Qualification ☒ For ToT ☐ For ToA

☒ General ☐ Multi-skill (MS) ☒ Cross-Sectoral (CS) ☐ Future Skills

NCrF/NSQF Level: 2

Submitted By:

Healthcare Sector Skill Council

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Section 1: Basic Details

1.	NOS-Qualification Name	Fundamentals of Occupational Health and Hygiene							
2.	Sector/s	Healthcare							
3.	Type of Qualification ☒ New ☐ Revised	NQR Code & version of the existing /previous qualification: (change to previous, once approved) NG-02-HE-03753-2025-V1-HSSC	Qualification Name of the existing/previous version:						
4.	National Qualification Register (NQR) Code & Version (Will be issued after NSQC approval.)	NG-02-HE-03753-2025-V1-HSSC	5. NCrF/NSQF Level:2						
6.	Brief Description of the Standalone NOS	Individuals in this role will be trained to perform and adhere to basic health standards and workplace safety protocols, including WASH practices, hygiene, personal cleanliness, and food safety. The individual will also be able to comply with safety norms for self and others by identifying occupational health hazards, following preventive measures, and applying first aid skills when necessary.							
7.	Eligibility Criteria for Entry for a Student/Trainee/Learner/Employee	a. Entry Qualification & Relevant Experience: <table border="1"> <thead> <tr> <th>S. No.</th> <th>Academic/Skill Qualification (with Specialization - if applicable)</th> <th>Relevant Experience (with Specialization - if applicable)</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Ability to read and write</td> <td></td> </tr> </tbody> </table> b. Age <14 yrs>:		S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Relevant Experience (with Specialization - if applicable)	1	Ability to read and write	
S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Relevant Experience (with Specialization - if applicable)							
1	Ability to read and write								
8.	Credits Assigned to this NOS-Qualification, Subject to Assessment (as per National Credit Framework (NCrF))	1.5	9. Common Cost Norm Category (I/II/III) (wherever applicable):III						
10.	Any Licensing Requirements for Undertaking Training on This Qualification (wherever applicable)	NA							

11.	Training Duration by Modes of Training Delivery (<i>Specify Total Duration as per selected training delivery modes and as per requirement of the qualification</i>)	☐ Offline Only ☐ Online Only ☒ Blended <table border="1" data-bbox="1025 256 1713 440"> <thead> <tr> <th>Training Delivery Mode</th> <th>Theory (Hours)</th> <th>Practical (Hours)</th> <th>Total (Hours)</th> </tr> </thead> <tbody> <tr> <td>Classroom (offline)</td> <td>21</td> <td>24</td> <td>45</td> </tr> <tr> <td>Online</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> (Refer Blended Learning Annexure for details)	Training Delivery Mode	Theory (Hours)	Practical (Hours)	Total (Hours)	Classroom (offline)	21	24	45	Online			
Training Delivery Mode	Theory (Hours)	Practical (Hours)	Total (Hours)											
Classroom (offline)	21	24	45											
Online														
12.	Assessment Criteria	<table border="1" data-bbox="1025 564 1982 678"> <thead> <tr> <th>Theory (Marks)</th> <th>Practical (Marks)</th> <th>Project (Marks)</th> <th>Viva (Marks)</th> <th>Total (Marks)</th> <th>Passing %age</th> </tr> </thead> <tbody> <tr> <td>40</td> <td>60</td> <td></td> <td></td> <td></td> <td>70</td> </tr> </tbody> </table>	Theory (Marks)	Practical (Marks)	Project (Marks)	Viva (Marks)	Total (Marks)	Passing %age	40	60				70
Theory (Marks)	Practical (Marks)	Project (Marks)	Viva (Marks)	Total (Marks)	Passing %age									
40	60				70									
13.	Is the NOS Amenable to Persons with Disability	☒ Yes ☐ No If “Yes”, specify applicable type of Disability:												
14.	Progression Path After Attaining the Qualification, wherever applicable (<i>Please show Professional and Academic progression</i>)	-												
15.	How participation of women will be encouraged?	Women participation can be encouraged in hygiene concerns to women, such as menstrual hygiene management, reproductive health, and post-partum care.												
16.	Other Indian languages in which the Qualification & Model Curriculum are being submitted	English and Hindi												
17.	Is similar NOS available on NQR-if yes, justification for this qualification	☐ Yes ☒ No URLs of similar Qualifications:												
18.	Name and Contact Details Submitting / Awarding Body SPOC <i>(In case of CS or MS, provide details of both Lead AB & Supporting ABs)</i>	Name: Ashish Jain Email: ashish.jain@healthcare-ssc.in Contact No.: 01140505850 Website: www.healthcare-ssc.in												

19.	Final Approval Date by NSQC: 18 th February 2025	20. Validity Duration: 3 Years	21. Next Review Date: 18 th February 2028
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Section 2: Training Related

1.	Trainer's Qualification and experience in the relevant sector (in years) <i>(as per NCVET guidelines)</i>	12th pass with 3 yrs of relevant experience including 1 year of teaching experience in Health and safety - Graduate in Healthcare(Medical ,Nursing,Allied science),Health and safety with 1 year of relevant experience
2.	Master Trainer's Qualification and experience in the relevant sector (in years) <i>(as per NCVET guidelines)</i>	12th pass with 4 yrs of relevant experience including 2 year of teaching experience in Health and safety - Graduate in Healthcare(Medical ,Nursing,Allied science),Health and safety with 2 year of relevant experience
3.	Tools and Equipment Required for the Training	☒ Yes ☐ No <i>(If "Yes", details to be provided in Annexure)</i>
4.	In Case of Revised NOS, details of Any Upskilling Required for Trainer	

Section 3: Assessment Related

1.	Assessor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	12th pass with 4 yrs of relevant experience including 2 year of teaching experience in Health and safety - Graduate in Healthcare(Medical ,Nursing,Allied science),Health and safety with 2 year of relevant experience
2.	Proctor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines), (wherever applicable)</i>	Diploma or Degree
3.	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) <i>(as per NCVET guidelines)</i>	12th pass with 5 yrs of relevant experience including 2 year of teaching experience in Health and safety - Graduate in Healthcare(Medical ,Nursing,Allied science),Health and safety with 3 year of relevant experience

4.	Assessment Mode <i>(Specify the assessment mode)</i>	Online
5.	Tools and Equipment Required for Assessment	☒ Same as for training ☐ Yes ☐ No <i>(details to be provided in Annexure-if it is different for Assessment)</i>

Section 4: Evidence of the Need for the Standalone NOS

Provide Annexure/Supporting documents name.

1.	Government /Industry initiatives/ requirement (Yes/No): Yes
2.	Number of Industry validation provided: 10
3.	Estimated number of people to be trained: 300
4.	Evidence of Concurrence/Consultation with Line/State Departments (In case of regulated sectors): (Yes/No): Yes If "No", why:

Section 5: Annexure & Supporting Documents Check List

Specify Annexure Name / Supporting document file name

1.	Annexure: NCrf/NSQF level justification based on NCrf/NSQF descriptors <i>(Mandatory)</i>	Yes
2.	Annexure: List of tools and equipment relevant for NOS <i>(Mandatory, except in case of online course)</i>	Yes
3.	Annexure: Performance and Assessment Criteria <i>(Mandatory)</i>	Yes
4.	Annexure: Assessment Strategy <i>(Mandatory)</i>	Yes
5.	Annexure: Blended Learning <i>(Mandatory, in case selected Mode of delivery is Blended Learning)</i>	Yes

6.	Annexure: Acronym and Glossary (<i>Optional</i>)	
7.	Annexure/Supporting Document: Standalone NOS- Performance Criteria Details Annexure/Document with PC-wise detailing as per NOS format (Mandatory- Public view)	Yes
8.	Supporting Document: Model Curriculum (<i>Mandatory – Public view</i>)	Yes

Annexure: Evidence of Level

NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
Professional Theoretical Knowledge/Process	- Basic working/operational knowledge in Occupational and Hygiene Health. - Basic materials, tools, and applications in a Occupational Health context. - Basic knowledge of business in health services, products, and services. - Able to understand and perform repetitive tasks under instructions and supervision related to health and hygiene. - Understand the basic, general hygiene and occupational norms.	The individual during the job in work-should demonstrable by recognition or recall for understanding the context of work in Occupational Health Refer to the evidence provided in the adjacent column. Hence it falls under Level 2	2
Professional and Technical Skills/ Expertise/ Professional Knowledge	- Occupational and hygiene health-related skills in predefined contexts. - Performs structured tasks in a limited range of functional roles such as Occupational health. - Skill to identify and use relevant tools and	The individual should possess a narrow range of basic skills while carrying out directed activities Refer to the evidence provided in the	2

	materials in a limited context of Occupational health.	adjacent column. Hence it falls under Level 1	
Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	- Ability to read and write and do simple computational math numeracy and literacy. - Receive and transmit written and oral messages/communication clearly related to occupational health - Works within a team as assistant - Understanding of Occupational Health safety, hygiene and environment, - social, political and religious diversity. - Employability Skills including - Basic self-employment In Occupational health. - Have understanding of use of Financial and Digital literacy, - Aadhar and Mobile, digital payments etc. - Employability Skills, including communication skills in native Indian language, - Basic reading and writing skills; basic arithmetic	The individual should have practical skills in performing routine & Repetitive tasks under full instructions and close supervision routine and repetitive and should use quality concepts. Refer to the evidence provided in the adjacent column. Hence it falls under Level 2	2
Broad Learning Outcomes/Core Skill	The candidate may carry out a job requiring a limited range of routine	Perform Routine & Repetitive tasks under full	2

	and predictable activities in Occupational Health and Hygiene practices. - Occupational Health Tasks are mostly performed under instructions and supervision - Focus on the Hygiene practice of skill and work, both predefined and new. - For self-help group members, micro-entrepreneurs (JSS) end-to-end clear - Understanding of process basic safety and general hygiene norms.	instructions and close supervision Refer to the evidence provided in the adjacent column. Hence it falls under Level 2	
Responsibility	- Works mostly under instruction and supervision. - Limited responsibility for delivery and quality of work.	Always works under Continuous instruction and close supervision. Refer to the evidence provided in the adjacent column. Hence it falls under Level 2	2

Annexure: Tools and Equipment (lab set-up)

List of Tools and Equipment
Batch Size: 20 students

S. No.	Tool / Equipment Name	Specification	Quantity for specified Batch size
1	Liquid handwash	100 ml	1

2	Portable sink or setup with soap and running water	Portable	1
3	Hand sanitizer	100 ml	1
4	Tissue and paper towels	Tissue and paper box	2
5	PPE Kit	Number	1
6	Poster on hygiene Practices	Number	1
7	Helmets	Number	1
8	Color coded dustbins	Number	1 each
9	Poster on managing waste water	Number	1
10	Poster on Preventing Pollution	Number	1
11	Poster on Occupational Health hazards	Number	1
12	Signages related to workplace	As required	As required
13	Cleaning tools	Number	1 each
14	Brush,mop	Number	1 each
15	ORS solution	packet	1
16	Poster on food borne illness	Number	1
17	First aid kit	Number	1
18	Pamphlets,broceuresor posters on hygiene practices.	number	1
19	Samples of food storage containers	Each	1

Classroom Aids

The aids required to conduct sessions in the classroom are:

1. AV Aids
2. Computer (PC) with latest configurations – and Internet connection with standard operating system and standard word processor and worksheet software (Licensed) (all software should either be latest version or one/two version below)
3. UPS
4. Scanner cum Printer
5. Projector

6. White Board/Smart Board 1200mm x 900mm
7. Marker
8. Duster
9. Flip Chart

Annexure: Industry Validations Summary

S. No	Organization Name	Representative Name	Designation
1	Care Hospital	Mr.Prtish Tripathy	DGM
2	Quess Corp	Mr.Venkatesh Murthy	General manager
3	Care Hospital	Ms.Shobha Rani	Nursing Head
4	Karunashraya.org	Sabgeetha N	Nursing Tutor
5	Aster Hospital	Dr Rohini Paul	Dean Academy
6	Ramaiah Memorial Hospital	Patricia Mary S	Nursing superintendent.
7	Association of Healthcare Providers (India)	Shikhar Sanklap Gupta	Deputy Director
8	Vidyanta	Jaideep Herbert	COO
9	Vidayanta	Robia Chackoo	Manager
10	Cloudnine Hospital	Shweta Daniel	Manager

Annexure: Training Details

Training Projections: 300

Year	Estimated Training # of Total Candidates	Estimated training # of Women	Estimated training # of People with Disability
2025	100	60	10
2026	100	70	10

2027	100	70	10
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Data to be provided year-wise for next 3 years.

Annexure: Blended Learning

Blended Learning Estimated Ratio & Recommended Tools:

Refer NCVET “Guidelines for Blended Learning for Vocational Education, Training & Skilling” available on:

<https://ncvet.gov.in/sites/default/files/Guidelines%20for%20Blended%20Learning%20for%20Vocational%20Education,%20Training%20&%20Skilling.pdf>

S. No.	Select the Components of the NOS	List Recommended Tools – for all Selected Components	Offline: Online Ratio
1	☐ Theory/ Lectures - Imparting theoretical and conceptual knowledge	Learning management source Computer, internet connectivity	30:70
2	☐ Imparting Soft Skills, Life Skills and Employability Skills /Mentorship to Learners	Computer, internet connectivity Computer, AV Aids, LCD	
3	☐ Showing Practical Demonstrations to the learners	Skill lab	
4	☐ Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training	Learning management source, classroom training, computer.	
5	☐ Tutorials/ Assignments/ Drill/ Practice	Computer, LCD, AV aids	
6	☐ Proctored Monitoring/ Assessment/ Evaluation/ Examinations	Computer, mobile phone, ,email address.Internet facility,classroom facility	
7	☐ On the Job Training (OJT)/ Project Work Internship/ Candidate Training	Not applicable	

Annexure: Standalone NOS- Performance Criteria details

- 1. Description:** Individuals in this role will be trained to perform and adhere to basic health standards and workplace safety protocols, including WASH practices, hygiene, personal cleanliness, and food safety. The individual will also be able to comply with safety norms for self and others by identifying occupational health hazards, following preventive measures, and applying first aid skills when necessary.

2. Scope:

The scope covers the following:

- Basic health standards and workplace safety protocols

3. Elements and Performance Criteria

To be competent, the user/individual on the job must be able to:

- PC1. Maintain adequate personal hygiene, such as washing hands, wearing clean uniforms, and avoiding unhygienic behaviours.
- PC2. Maintain respiratory hygiene (coughing/sneezing etiquette)
- PC3. Apply personal protective equipment (PPE) where applicable (e.g., gloves, masks, helmet) or as per organizational norms
- PC4. Adhere to organizational processes related to cleaning and disinfecting workstations, tools, and equipment.
- PC5. Adhere to preventive practices for avoiding occupational health hazards arising from various workplace
- PC6. Assist in proper storing of materials to prevent accidents and minimize the risk of damage or loss
- PC7. Dispose of waste and manage spillages as per organizational norms to prevent contamination risks.
- PC8. Comply with safe storage norms and handling of food and drinks in designated areas.
- PC9. Promptly report hygiene-related issues, such as spills, leaks, or pest infestations as per the organizational matrix

PC10. Apply emergency response and safety norms during common injuries at the workplace, or contamination incidents.

4. Knowledge and Understanding (KU):

The individual on the job needs to know and understand:

KU1.Introduction to Hygiene and Its Importance

KU2.Proper handwashing techniques

KU3.Consequences of poor hygiene practices.

KU4.Contamination and its associated risk

KU5.Donning and Doffing of Personal Protective Equipment at related workplace

KU6.Importance of menstrual hygiene and ways to maintain it at the workplace

KU7.About Workplace Sanitation and Waste Management including proper waste management practices.

KU8.About the Importance of managing wastewater and preventing pollution.

KU9.Foodborne illnesses and their prevention.

KU10.Importance of recognizing symptoms of food poisoning and dehydration.

KU11. Process of preparing Oral rehydration solutions (ORS) using available household resources

KU12.Importance of avoiding consumption of food or drinks in workspaces where contamination risks exist.

KU13.Occupational Health and Preventive Practices

KU14.About the importance of keeping oneself aware of workplace hygiene policies and regular participation in training programs.

KU15.Basic ways to comply with Food Safety and Nutrition at the Workplace

KU16.Water, Sanitation, and Hygiene (WASH)

KU17.Emergency Hygiene Protocols such as First Aid, Chest compressions, Fire Safety, Fall Risk Management, Electrical Safety, scaffolding use

5. Generic Skills (GS):

User/individual on the job needs to know how to:

- GS1. Read documents and information displayed at the workplace.
- GS2. Communicate effectively with co-workers and others.
- GS3. Plan day-to-day tasks maintaining self-health norms

Annexure: Assessment Criteria

Detailed PC-wise assessment criteria and assessment marks for the NOS are as follows:

S. No.	Assessment Criteria for Performance Criteria	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC 1.	Maintain proper personal hygiene, such as washing hands, wearing clean uniforms, and avoiding unhygienic behaviors.	5	10		
PC 2.	Maintain respiratory hygiene (coughing/sneezing etiquette)	5	10		
PC 3.	Apply personal protective equipment (PPE) where applicable (e.g., gloves, masks, helmet) or as per organizational norms	5	5		
PC 4.	Adhere to organizational process related to cleaning and disinfecting workstations, tools, and equipment.	5	5		
PC 5.	Adhere to preventive practices for avoiding occupational health hazards arising from various workplace	5	5		
PC 6.	Assist in proper storing of materials to prevent accidents and minimizes the risk of damage or loss	5	5		

PC 7.	Dispose of waste and manage spillages as per organizational norms to prevent contamination risks.	5	5		
PC 8.	Comply with safe storage norms and handling of food and drinks in designated areas.	2	5		
PC 9.	promptly report hygiene-related issues, such as spills, leaks, or pest infestations as per the organizational matrix	2	5		
PC 10.	apply emergency response and safety norms during common injuries at the workplace, or contamination incidents.	1	5		
Total Marks		40	60		

Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

Mention the detailed assessment strategy in the provided template.

<1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIDH or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from the assessment location
- Centre photographs with signboards and scheme-specific branding

5. Method of verification or validation:

- Surprise visit to the assessment location

6. Method for assessment documentation, archiving, and access

- Hard copies of the documents are stored

Annexure: Acronym and Glossary

Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework

Glossary

Term	Description
National Occupational Standards (NOS)	NOS define the measurable performance outcomes required from an individual engaged in a particular task. They list down what an individual performing that task should know and also do.
Qualification	A formal outcome of an assessment and validation process which is obtained when a competent body determines that an individual has achieved learning outcomes to given standards

Qualification File	A Qualification File (QF) is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
Sector	A grouping of professional activities on the basis of their main economic function, product, service or technology.
Skill India Digital Hub (SIDH)	Skill India Digital Hub (SIDH) is specially designed and developed to skill, reskill and upskill Indian individuals through an online training platform, API-based trusted skill credentials, payment and discovery layers for jobs and entrepreneurial opportunities
Vocational Training Provider (VTP)	A Vocational Training Provider (VTP) is an organization that offers training in a specific trade or skill.
Training Centre (TC)	A Training Centre (TC) is a training set up where learners undergo skills training related to a specific task or role.