

JOB ROLE – ASSISTANT FASHION DESIGNER

Sector – Apparel, Made-Ups and Home Furnishing
(Qualification Pack Code: AMH/Q 1210)
Class XI



PSS Central Institute of Vocational
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**UNIT 5: HEALTH AND SAFETY
RELATED PRACTICES APPLICABLE
AT WORK PLACE**

**Session 3: Benefits of a healthy
lifestyle**

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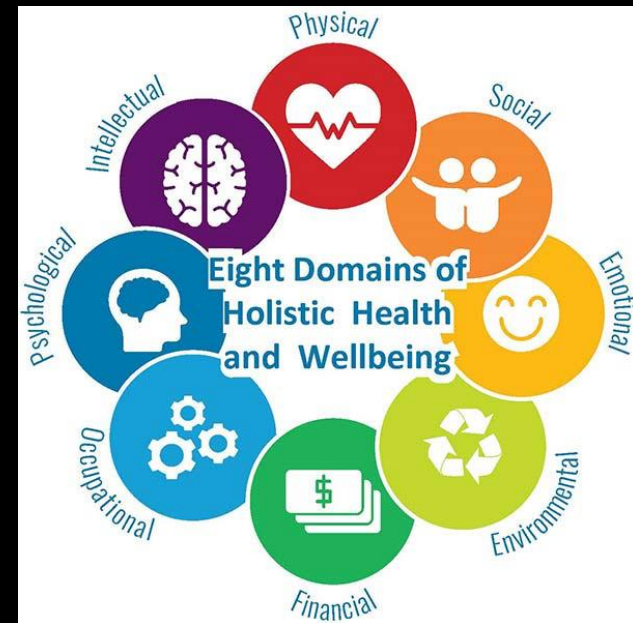
Session Objectives

The students will be able to:

- Gain knowledge of value of physical fitness, personal health and good habits.
- Explain about minimizing health and safety risks, ill effects of tobacco, alcohol and drugs.

WHAT IS HEALTH?

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social well-being”.



MINIMIZING HEALTH & SAFETY RISKS TO SELF & OTHERS BY OUR ACTIONS

Identify and reduce the risk

Reducing Workplace stress

Using correct tools and equipments

Wear suitable protective equipments

Staying sober

THE VALUE OF PHYSICAL FITNESS , PERSONAL HYGIENE & GOOD HABITS

- Performance of a worker is directly related to the health of the worker.
- It is important to train and educate the workers on good health and hygienic habits.
- These habits include physical fitness and personal hygiene & good habits.

Do and Don'ts of Personal Hygiene at the Workplace

DO

.Do clean up yourself

.Do regularly wipe down your workstation

.Do wash your cups and mugs daily

.Do practice proper sanitization

Do adhere to the company's hygiene policy

DON'T

.Don't sneeze or cough without covering your nose and mouth

.Don't leave the toilet without washing your hands

.Don't use a public toilet without wiping it down

.Don't clean your face regularly with reused tissues

ILL EFFECTS OF TOBACCO

- Consumption of tobacco in any form is injurious to health.
- Tobacco use is one of the most important preventable causes of premature death in the world.
- Limiting use of tobacco can save a lot of lives and improve well being of the workers as well as their families.



Effect of smoking on body

- Smoking cigarettes and *beedis* is very common among workers.
- It not only costs money for buying cigarettes but can result in many adverse effects on the body.
- Smoking can also lead to life-threatening complications



Life threatening complications of smoking

Lung Damage

Heart Diseases

Risk of Type2 Diabetes

Weakened Immune System

Vision Problems

Poor Oral Hygiene

Unhealthy Skin and Hair

Risk of other Cancers

III Effects of drugs and Alcohol

Problems such as work pressures, family tension, financial problems etc. many a times lead to consumption of drugs and alcohol.

Consumption of drugs and alcohol may lead to life threatening diseases such as abnormal heart rates and heart attacks.

Injecting drugs can result in collapsed veins and infections in heart valves.

Consumption of alcohol and drugs may also lead to-

Infections

- Sharing the needles used to inject certain drugs can lead to diseases like hepatitis C, hepatitis B, and HIV.
- One can also spread common cold, flu, etc. by sharing pipes and bongs.

Legal Consequences

- Driving under the influence of drugs or alcohol can lead to a suspended driver's license, usually for 6 months to 2 years and fines.

Financial Problems

- Drugs and alcohol adds to extra expenditure.

Injuries and Deaths

- Use of drugs and alcohol, lead to physical injury or be involved in car accidents.
- Increased risk of death through both suicide and homicides.

Short term effects of alcohol-



Lowered Inhibitions

Interpersonal Conflicts

Falls and accidents

Altered Behavior

Hangover

Alcohol Poisoning

Long term effects of alcohol-

In the long term, alcohol consumption can affect all aspects of a person's life: their physical and mental health, work, finances and relationships.



Summary

In this session you have learnt about value of physical fitness, personal health and good habits, minimizing health and safety risks, ill effects of tobacco, alcohol and drugs.

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