259621 Summative Assessment

**KNOWLEDGE TEST**

**INSTRUCTIONS**

* This Knowledge Test must be completed by the learner once training has been attended.
* Complete all the questions using black ink.
* Read the questions carefully and then fill in the answer in your answer sheet that your assessor will provide you with.
* Write legibly in the language agreed – namely English.
* Label drawings clearly (if applicable).
* You may ask the assessor for clarity, should you not understand the questions being asked
* The required mark to be declared competent is 75%

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| **No** | **Question** | **Marks** |
| Q1 | Is fatigue a workplace issue? Give reason for your answer (15) | 15 |
| Q2 | What are the signs of fatigue? SO1 (5) | 10 |
| Q3 | What are the effects of fatigue and their relationship to work? SO3 (10 | 10 |
| Q4 | How can a workplace help keep workers "alert"? SO3 (5) | 5 |

**Answer sheet:**

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| **QUESTION 1: Is fatigue a workplace issue? Give reasons for your answer (15)** |
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| **Question 2: What are the signs of fatigue? SO1 (5)** |
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| **Question 3: What are the effects of fatigue and their relationship to work? SO3 (10** |
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| **QUESTION 4: Briefly explain how can one get a better sleep? SO3 (10)** |
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| **QUESTION 5: How can a workplace help keep workers "alert"? (5)** |
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**Total: 40 Marks**