



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

SANITATION AND SAFETY N4

27 November 2025

This marking guideline consists of 10 pages.

SECTION A

QUESTION 1

- 1.1 D
- 1.2 D
- 1.3 C
- 1.4 D
- 1.5 A
- 1.6 D
- 1.7 B
- 1.8 B
- 1.9 B
- 1.10 D
- 1.11 B
- 1.12 A
- 1.13 C
- 1.14 A
- 1.15 B

(15 × 1) [15]

QUESTION 2

- 2.1 True
- 2.2 True
- 2.3 False
- 2.4 True
- 2.5 True
- 2.6 True
- 2.7 False
- 2.8 True
- 2.9 False
- 2.10 False
- 2.11 False
- 2.12 True
- 2.13 False
- 2.14 False
- 2.15 False

(15 × 1) [15]

QUESTION 3

- 3.1 Organism/harmful organism✓ capable of causing disease in its host✓
- 3.2 Absence✓ of dangers✓
- 3.3 Small (micro)✓ form of life✓ (organism)
- 3.4 Specialised chemical✓ which can eliminate✓ all forms of microbial life,✓ including spores.✓
- 3.5 The complete removal✓ of food, soil/debris, grease, and dirt✓ using an appropriate detergent or suitable chemical✓ under recommended conditions✓
- 3.6 Using an autoclave✓ to sterilise object✓ by means of high-pressure steam✓
- 3.7 Both cleanliness✓ and the microbial, chemical✓ and physical wholesomeness✓ of food✓
- 3.8 A syndrome that develops if a woman drinks alcohol regularly✓ while she is pregnant.✓ The baby could be born mentally retarded.✓ It also inhibits the growth and physical development of the foetus/baby.✓
- 3.9 Fungi✓ that live on dead plants, animals, leather, wood, paint, etc.✓ decomposing it✓
- 3.10 Sugars✓ being broken down by enzymes of microorganisms✓ in the absence of oxygen✓ forming alcohol as a result✓

(Any 10 × 2) [20]

TOTAL SECTION A: 50

SECTION B

QUESTION 4

- 4.1
- Give the workers regular medical check-ups
 - Health checks after vacations or holidays
 - Never employ workers without medically screening them first
 - Never let a person who is ill work without clearance from a doctor
 - Give workers proper hygiene training and information
 - Put up posters promoting hygiene practices and stressing the disadvantages of unhygienic practices
- (6)
- 4.2
- 4.2.1
- Keep hair clean and free from dandruff.
 - Keep hair away from the face.
 - If hair extends over the collar, it must be tied up.
 - Wear an appropriate headdress or cap.
 - Wash hair once or twice a week to keep it clean.
 - Hairbrushes and combs must not be shared.
 - Brush hair in the cloakroom or an appropriate place.
 - Men must be clean-shaven, and beards must be trimmed.
 - Be aware of hair problems such as head lice.
 - Brush hair to encourage circulation.
 - Wash your hair with soap or mild shampoo.
 - Brush your hair 3 to 4 times a day with a soft brush.
 - Wash your brush and comb every time you wash your hair.
- (Any 10 × 1) (10)
- 4.2.2
- Do not bite on hard objects.
 - Visit the dentist every six months for a check-up.
 - Brush your teeth twice a day.
 - Change your toothbrush regularly.
 - Use an antiseptic mouthwash.
 - Choose a soft toothbrush and shape that suits your mouth.
 - Use toothpaste with fluoride.
 - Hold the toothbrush at a 45-degree angle, brush back and forth in short movements.
 - Brush inner and outer chewing surfaces and tongue to remove bacteria that cause bad smell.
 - Rinse your mouth well after a meal.
 - Brush teeth before going to bed.
- (Any 5 × 1) (5)
- 4.3
- Scoop a spoonful of the dish onto a plate.
 - Taste the food with a clean spoon.
 - Food may under no circumstances be touched with fingers.
 - Do not stir the food with the same spoon used for tasting.
 - Wash/sterilise all utensils after tasting to avoid contamination.
- (5)

- 4.4
- Enough hygienic and suitable toilet facilities must be provided for all.
 - It must be well ventilated and must not open directly onto food handling or storage areas.
 - Toilet paper and sanitary napkins must be provided.
 - Toilets for females must have regular sanitary disposal service.
 - Hand washing basins and/or showers with hot and cold running water, and anti-bacterial soap must be provided.
 - Hand-washing basins must be situated adjacent to the toilet and before the exit of the bathroom.
 - Notices regarding hand washing must be put at basins in applicable languages.
 - A shelf and full-length mirror should preferably also be provided in the cloakroom area.
 - It is essential to have separate storage spaces for clean and dirty overalls in the cloakroom.
- (Any 7 × 1) (7)
- 4.5
- Store milk on refrigerator shelves where it is cooler, rather than in the refrigerator doors.
 - Do not mix new and old milk.
 - Store in original containers.
 - Milk must be kept in the containers in which it was delivered.
 - Must be stored in a refrigerator.
 - Containers must be covered because milk absorbs strong flavours.
 - Fresh milk and cream should be purchased daily.
 - Tinned milk is stored in a dry, cool, well-ventilated room.
 - Milk powder is stored in an air-tight container in the dry store.
 - Imitation cream is kept in the refrigerator.
 - Pasteurised milk will keep for up to five days if refrigerated.
 - Sterilised milk should keep for a minimum of seven days if unopened.
 - Ultra-heated/long-life milk will keep unopened for several months.
 - Fresh milk may be frozen.
- (Any 7 × 1) (7)
- 4.6
- To prevent the spread of diseases
 - Decrease contamination
 - To prevent damage – cables, pipes, packaging, etc.
 - To prevent financial losses
 - To prevent food wastage
 - To comply with the law
- (Any 5 × 1) (5)
- 4.7
- Temperature must be between $\pm 20^{\circ}\text{C}$ and 25°C
 - Well ventilated
 - Shelving must be easy to clean, away from floors and walls
 - Good lighting
 - Ventilated slates or holes in shelves to decrease moisture
 - Food should be stored in large containers with tight-fitting lids and must be labelled
 - Apply the FIFO method
- (Any 5 × 1) (5)

QUESTION 5

- 5.1 5.1.1 (a) Human immunodeficiency virus.✓ A virus✓ causing acquired immunodeficiency syndrome (AIDS).✓
- (b) Acquired immunodeficiency syndrome.✓ A disease✓ of the human immune system✓ caused by the human immunodeficiency virus (HIV).✓
- (c) A drug✓ that can be given to pregnant woman✓ with HIV,✓ which decreases the chance of the baby contracting AIDS.✓
- (d) The Commission of Conciliation, Mediation and Arbitration – ✓ an independent statutory body,✓ providing information on good labour practices.✓

(Any 4 × 2) (8)

- 5.1.2
- Blood, semen, or vaginal fluid✓
 - Sexual intercourse – man to man, man to woman or woman to woman✓
 - By sharing unsterilised needles – blood transmission✓
 - By an infected mother to her unborn or newborn baby
 - Pre-natal – by an infected mother to her unborn or newborn baby✓
 - During birth✓
 - Through breast milk – breastfeeding✓
 - People who suffer from STIs/STDs✓

(Any 5 × 1) (5)

- 5.1.3
- Skin rashes or bumps
 - Persistent/chronic diarrhoea
 - Weight loss
 - Poor appetite
 - Tiredness
 - Reactivation of TB
 - Headache
 - Muscle and joint pain
 - Persistent fever
 - Night sweat
 - Herpes of the mouth or genitals
 - Swollen tongue
 - Pain when swallowing – sore throat
 - Swollen lymph nodes
 - Dry cough
 - Shortness of breath
 - Shaking chills
 - Blurred and distorted vision
 - Diminishing dental health
 - Persistent, unexplainable fatigue
 - White spots or unusual lesions on the tongue or in the mouth

(Any 6 × 1)

- 5.1.4
- Conduct regular HIV/AIDS awareness programmes
 - Encourage voluntary testing
 - Conduct education and training on HIV/AIDS
 - Promote condom distribution
 - Encourage health-seeking behaviour for STDs
 - Create an environment of openness, disclosure, and acceptance
 - Organise wellness programmes for employees
 - Provide counselling and social support to those with HIV/AIDS
- (Any 5 × 1) (5)

- 5.2
- Leads most commonly to diseases affecting the heart and lungs
 - Chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis
 - Heart attacks
 - Strokes
 - Cancer (particularly lung cancer, cancers of the larynx and mouth, and pancreatic cancer)
 - Peripheral vascular disease
 - Hypertension
 - Impedes healing
 - Smoking is addictive
 - Smoking poisons your body
 - Smoking causes serious health problems
 - Smoking makes fighting illness harder
 - Smoking is a threat to your physical appearance and smell
 - Smoking slows the body down
- (Any 6 × 1) (6)

- 5.3
- Ferment useful chemicals (ethanol for alcoholic beverages, acetone in nail polish remover and paint remover, etc.)
 - Produce certain foodstuffs (wine, cheese, yoghurt, bread, etc.)
 - Destroy wastes (sewage, oil spills)
 - Prevent disease
 - Produce antibiotics used to treat disease (e.g. penicillin).
- (5)

- 5.4
- Common cold
 - Influenza
 - Cold sores
 - Chicken pox
 - Poliomyelitis
 - Measles
 - Covid
- (Any 5 × 1) (5)

- 5.5
- Lag phase:✓
Cells adapt to the environment and increase in size.✓
 - Logarithmic phase:✓
When cells are adapted, they multiply to the maximum that can be supported by the environment.✓
 - Stationary/Latent phase:✓
Growth slows down because of food use, waste production, and overcrowding.✓
 - Phase of decline/death:✓
If cells are not transferred to a favourable environment, they will die.✓
- (4 × 2) (8)
- 5.6
- Alkalies
 - Acids
 - Salts
 - Chlorine compounds
 - Iodine compounds
 - Antibiotics
- (Any 2 × 1) (2)
- [50]**

QUESTION 6

- 6.1
- The initial temperature of the food
 - The consistency of the food
 - The distribution of moisture through the food
 - The food density
 - The thickness of the food
- (Any 3 × 1) (3)
- 6.2
- 6.2.1 A chemical agent✓ used to remove grease✓ and dirt.✓
- 6.2.2 A chemical✓ used to kill most of the bacteria,✓ but does not destroy the spores.✓
- 6.2.3 Any process✓ that destroys/kills✓ or eliminates/removes transmissible agents/infectious organisms/micro-life (fungi, bacteria, endospores, viruses)✓ from a surface, equipment, and food.✓ It is achieved by exposing the object to be sterilised to a chemical or a physical agent for a specific time.✓
- 6.2.4 An agent✓ used in sterilisation,✓ which destroys all microbial life, including bacterial spores.✓
- (Any 4 × 2) (8)

- 6.3
- A swab (mop/bud) comprises a piece of cotton wool twisted around one end of a small stick – all sterile before use.
 - Before sampling, the swab is moistened in a sterile fluid.
 - While removing the swab from the sterile tube, excess fluid is removed from the swab by pressing it against the side of the sterile tube, being careful not to contaminate it with anything.
 - Swipe the damp swab systematically and firmly across the test area, rotating the swab as this will help to pick up the organisms adhering to it.
 - The swab is then placed into a certain/measured amount of sterile fluid, while agitating it to remove the organisms from the swab.
 - The sample of the suspending fluid is then inoculated onto a melted, cooled nutrient agar medium, incubated, and cultured.
 - The sample is then solidified.
 - The solidified medium is then examined for colonies, which are counted.
 - The findings will indicate the presence of organisms.
 - If the swab cannot be transferred immediately into the sterile liquid, return it to its sterile holding tube and store in a cool place at 20 °C up to 24 hours.
 - Label the tube accordingly.
 - Colour changes are observed, and results are recorded. (Any 9 × 1) (9)
- 6.4
- Time
 - Temperature
 - Mechanical actions
 - Chemical actions
 - Procedures (5)
- 6.5
- Thermal
 - Chemical (2)
- 6.6
- Remain calm
 - Act only after deciding what to do
 - Remember that first aid is only temporary
 - Ensure that the patient is comfortable and give assistance where needed
 - Try to assess the nature of the injury
 - Keep the air passages of the patient open
 - Bleeding from a cut, artery, or vein must be stopped
 - Treat shock and avoid complications
 - Never try to reset a bone fracture
 - Summon a doctor if the injuries are serious
 - If possible, do not attempt to move the patient
 - Once the patient is treated, record the incident in the accident book (Any 8 × 1) (8)

6.7	• Starving✓ – remove the fuel✓ • Smothering✓ – remove the air✓ • Cooling✓ – remove the heat✓	(3 × 2)	(6)
6.8	• Emergency exits • Primary and secondary evacuation routes • Locations of fire extinguishers • Location of fire alarm pull station • Assembly points		(5)
6.9	• Select the correct knife for the task at hand, e.g. size and type. • Always keep knives sharp. • Place knives flat on the table, not on the edge of the table. • Do not play games with knives. • When carrying a knife, the sharp point must be facing downwards. • Handles should be free from grease, ensuring a firm grip. • Grip the handle firmly. • Knives should be wiped clean with the edge away from the hands. • Cut downwards, rather than to the side. • Keep your fingers out of the way when cutting. • Always cut away from the body. • Do not put/leave a knife in a washing-up sink. • Do not leave sharp knives loose in a drawer. • Do not try to catch a dropping knife. • Pick the knife up by the handle.	(Any 4 × 1)	(4)
			[50]
TOTAL SECTION B:			150
GRAND TOTAL:			200