

# Topic Skills Practice Cover Sheet

<b>Unit Name:</b>	NAT10809001 - Apply Australian Work Health and Safety practices in the electrical workplace.
<b>Topic Title:</b>	Working Safely with Electricity

<b>Skill Practice Number:</b>	3.1
<b>Skill Practice Name:</b>	Demonstrate the safe isolation

<b>Student Name:</b>	
<b>Student ID:</b>	
<b>College/Campus:</b>	
<b>Group:</b>	

<b>Results</b>	
<b>Planning:</b>	
<b>Carryout:</b>	
<b>Completion:</b>	
<b>Overall Results:</b>	
<b>Comments:</b>	

# Topic Skills Practice

**NAT10809001 - Apply Australian Work Health and Safety practices in the electrical workplace.**

**KE-10809001 Australian Work, Health and Safety Principles**

**Topic: 3. Working Safely with Electricity**

**Skills Practice: Demonstrate the safe isolation**

**Task:**

To perform the safe and effective isolation of an electrical circuit or apparatus.

**Objectives:**

At the completion of this skills practice, you should be able to:

- Describe the process for performing a safe electrical isolation
- Identify potential hazards when performing an electrical isolation
- Apply control measures to hazards present when performing an electrical isolation
- Document a risk assessment activity
- Perform the safe electrical isolation of a circuit or apparatus
- Apply procedural controls during an isolation which may include locking and tagging

**Instructions:**

Click [here](#) for a PDF copy of the skills practice, following the instructions and complete the observation questions.

## **1. Planning the Skills Practice**

**1.1 Equipment:**

- Digital multimeter
- Lockable switch
- Simple electrical circuit
- Power supply

**1.2 Suggested Materials:**

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**1.3 Miscellaneous Items:**

- Tags



**1.1 Risk Assessment**

Risk assessment procedure:

- ✓ Identify any hazards that may exist in the situation given
- ✓ List the risk classification – High Risk (H), Medium Risk (M) or Low Risk (L)
- ✓ List the control measures required for each identified hazard that you need to implement.

Hazard/s Identified	Risk Classification (H, M or L)	Control Measure/s

# Topic Skills Practice Cover Sheet


	 <b>Feedback</b>	Have your teacher/trainer check your answers are correct	Teacher/Trainer Initials and Date  	✓
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## 2. Carrying Out the Skills Practice

### Part A – Isolation Plan

Use the space below to develop a step by step process for isolating the circuit or apparatus provided.

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	 <b>Feedback</b>	Have your teacher/trainer check your answers are correct	Teacher/Trainer Initials and Date  	✓
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### Part B – Isolating the Circuit or Apparatus

1. Take a voltage reading at a point in the circuit after the main isolation point or at the electrical apparatus to be isolated.  

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2. Perform the isolation steps in your Isolation Plan as approved by your teacher/trainer.

# Topic Skills Practice Cover Sheet

<b>Unit Name:</b>	NAT10809001 - Apply Australian Work Health and Safety practices in the electrical workplace.
<b>Topic Title:</b>	Electric shock rescue

<b>Skill Practice Number:</b>	3.2
<b>Skill Practice Name:</b>	Removing an Electric Shock Victim From a Live Electrical Situation

<b>Student Name:</b>	
<b>Student ID:</b>	
<b>College/Campus:</b>	
<b>Group:</b>	

<b>Results</b>	
<b>Planning:</b>	
<b>Carryout:</b>	
<b>Completion:</b>	
<b>Overall Results:</b>	
<b>Comments:</b>	

# Topic Skills Practice

**NAT10809001 - Apply Australian Work Health and Safety practices in the electrical workplace.**

**KE-10809001 Australian Work, Health and Safety Principles**

**Topic: 3. Working Safely with Electricity**

**Skills Practice: Removing an Electric Shock Victim From a Live Electrical Situation**

**Task:**

To perform a safe and effective rescue for an electric shock victim in a simulated live electrical situation.

**Objectives:**

At the completion of this skills practice, you should be able to:

- Describe the process to safely remove an electric shock victim from a live electrical situation
- Identify potential hazards when performing a rescue
- Document a risk assessment activity
- Perform the safe removal of an electric shock victim from a live electrical situation

**Instructions:**

Click [here](#) for a PDF copy of the skills practice, following the instructions and complete the observation questions.

## 1. Planning the Skills Practice

**1.1 Equipment:**

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**1.2 Suggested Materials:**

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**1.3 Miscellaneous Items:**

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### 1.1 Risk Assessment

Risk assessment procedure:

- ✓ Identify any hazards that may exist in the situation given
- ✓ List the risk classification – High Risk (H), Medium Risk (M) or Low Risk (L)
- ✓ List the control measures required for each identified hazard that you need to implement.

Hazard/s Identified	Risk Classification (H, M or L)	Control Measure/s

# Topic Skills Practice Cover Sheet


	 <i>Feedback</i>	Have your teacher/trainer check your answers are correct	Teacher/Trainer Initials and Date  	✓
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## 2. Carrying Out the Skills Practice

### Part A – Rescue Method

Use the space below to outline a step by step process to safely remove an electric shock victim from a live electrical situation.

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	 <i>Feedback</i>	Have your teacher/trainer check your answers are correct	Teacher/Trainer Initials and Date  	✓
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### Part B – Performing a Safe Rescue

1. Using the step by step process approved by your teacher/trainer, perform the safe and effective rescue of the electric shock victim from the simulated live electrical situation.

## Topic Skills Practice Cover Sheet

<b>Unit Name:</b>	NAT10809001 - Apply Australian Work Health and Safety practices in the electrical workplace
<b>Topic Title:</b>	Life Support – CPR in the Workplace

<b>Skill Practice Number:</b>	4.3
<b>Skill Practice Name:</b>	Applying emergency first aid

<b>Student Name:</b>	
<b>Student ID:</b>	
<b>College/Campus:</b>	
<b>Group:</b>	

<b>Results</b>	
<b>Planning:</b>	
<b>Carryout:</b>	
<b>Completion:</b>	
<b>Overall Results:</b>	
<b>Comments:</b>    	

# Topic Skills Practice

**NAT10809001 - Apply Australian Work Health and Safety practices in the electrical workplace.**

**KE-10809001 Australian Work, Health and Safety Principles**

**Topic: 4. Life Support – CPR in the Workplace**

**Skills Practice: Applying emergency first aid**

**Task:**

To demonstrate emergency first aid for a given situation in a simulated environment. This includes:

- A simple examination of a casualty for injuries
- Check airway obstruction, respiratory arrest and cardio pulmonary arrest
- Demonstrate single and two-person CPR
- Manage a casualty with an altered level of consciousness
- Manage a casualty in shock

**Objectives:**

At the completion of this skills practice, you should be able to:

- Assess the vital signs and injuries of a casualty
- Manage a casualty with an altered level of consciousness and potentially shock
- Perform single and two-person CPR

**Instructions:**

Click [here](#) for a PDF copy of the skills practice, following the instructions and complete the observation questions.

## **1. Planning the Skills Practice**

**1.1 Equipment:**

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**1.2 Suggested Materials:**

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**1.3 Miscellaneous Items:**

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### **1.1 Risk Assessment**

Risk assessment procedure:

- ✓ Identify any hazards that may exist in the situation given
- ✓ List the risk classification – High Risk (H), Medium Risk (M) or Low Risk (L)
- ✓ List the control measures required for each identified hazard that you need to implement.

Hazard/s Identified	Risk Classification (H, M or L)	Control Measure/s