

**Unit Title:** Developing Personal Hygiene Skills For Hands And Feet  
**Unit Level:** Entry 3  
**Unit Credit Value:** 1  
**GLH:** 10  
**LASER Unit Code:** WJC626  
**Ofqual Unit Code:** M/506/0620

This unit has 5 learning outcomes.

| LEARNING OUTCOMES |   | ASSESSMENT CRITERIA |   |
|-------------------|---|---------------------|---|
| The learner will: |   | The learner can:    |   |
| 1.                | Know common foot conditions.                                    | 1.1                 | Identify common foot problems and their causes.   |
| 2.                | Know about the correct uses of different types of footwear.     | 2.1                 | Identify different types of footwear and record their uses.   |
| 3.                | Understand that the feet/toenails need to be cared for.         | 3.1                 | Outline how feet should be cared for.   |
|                   |   | 3.2                 | State how they have cared for their feet.   |
| 4.                | Understand the importance of keeping the hands and nails clean. | 4.1                 | Outline why hands must be washed after visiting the toilet and before handling food.                              |
|                   |   | 4.2                 | Outline why nails must be kept clean.   |
| 5.                | Be able to care for and keep clean hands and fingernails.       | 5.1                 | Demonstrate the correct way to wash hands.  |
|                   |   | 5.2                 | Demonstrate how to:<br>(a) trim the nails<br>(b) clean the nails<br>(c) apply a hand cream<br>(d) file the nails. |

**Assessment Guidance:**

NA

**Additional Information:**

NA