

Computer Systems Servicing

11

Quarter 3

Self-Learning Module 6

OHS Standards

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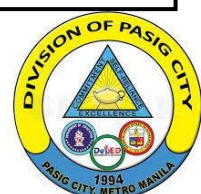
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EXPECTATIONS

- A. identify and discuss the use of Personal Protective Equipment (PPE);
- B. list down and differentiate the proper tools used for installing network cables;
- C. appreciate the importance of using PPE and proper tools in work area.



PRETEST

Direction: Read each statement below carefully. Write **T** if the statement is TRUE. Write **F** if the statement is FALSE.

_____ 1. PPE", is equipment worn to limit exposure to dangers causing severe injury and infections in the workplace.

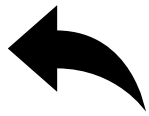
_____ 2. PPE may also be used to guard against chemicals in the work environment. Worker's application, contamination, or illness (for example in a microchip factory).

_____ 3. All personal protection equipment should be planned and installed securely and should be kept clean and reliable. It can fit easily, enabling the use of staff.

_____ 4. Employers must supply their staff with personal protective equipment to ensure the proper use if engineering, job procedure, and administrative controls are not practicable or do not provide adequate protection.

_____ 5. It is necessary to encourage students and teachers to use personal protective equipment during their time in the laboratory.





RECAP

In the previous module, you have learned how to install network cables. You were made aware that properly mounted Ethernet network cable eliminates downtime and facilitates continuous data flow, linking your data networks and network devices in your facility such as routers, modems, adapters, or whatever 'thing' needs to link. You also learned to plan your network cable installation, how to choose your ethernet wiring, and effective wire management system. With these, you can now properly install network cable. This module tackles about OHS standards, where you will know about PPE, and types of tools used for installing network cables.



LESSON

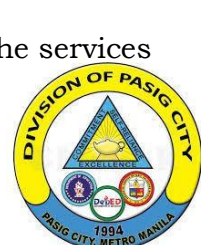
Personal protective equipment, commonly referred to as "PPE", is equipment worn to limit exposure to dangers causing severe injury and infections in the workplace. Action with chemical, radiological, physical, electrical, mechanical, or other workplace hazards can result in certain injuries and illnesses. Things such as gloves, safety glasses and shoes, earplugs or muffs, hard hats, respirators, or coveralls, vests, and full body suits can be personal protective equipment.

PPE may also be used to guard against chemicals in the work environment. Worker's application, contamination, or illness (for example in a microchip factory). It is necessary to encourage students and teachers to use personal protective equipment during their time in the laboratory.

What should be improved to ensure the personal protection equipment is adequately utilized? All personal protection equipment should be planned and installed securely and should be kept clean and reliable. It can fit easily, enabling the use of staff. If the personal protective device does not work properly, the distinction between being protected securely or exposed dangerously will be made. Employers must supply their staff with personal protective equipment to ensure the proper use if engineering, job procedure, and administrative controls are not practicable or do not provide adequate protection.

Employers are also expected to train each employee to use personal protection equipment to understand:

- When it's needed
- What sort is required?
- How to put it on, change, wear and take it off properly
- The equipment shortcomings
- Proper care, maintenance, usable life and recycling of the services



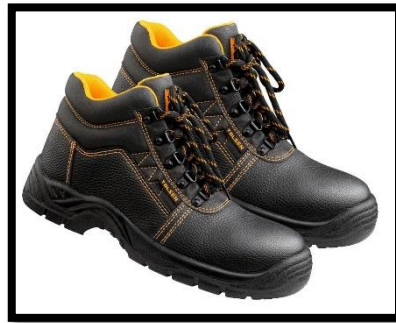
Personal Protective Equipment's

Googles - A large spectacle, with shields around the edges to protect the eyes from pollen, excessive glare, wind, etc.



***Image 1.1** Googles*

Rubber Sole Shoes - A special type of shoes used to resist electrical shock both for waterproofing and insulating purposes.



***Image 1.2** Safety Shoe*

Apron - A fabric worn as a cloth cover over the front of the body.



***Image 1.3** Apron*

Face Mask - A mask shield to avoid the inhalation or ingestion of particles and other contaminants.



***Image 1.4** Face Mask*

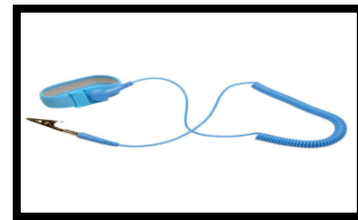
Gloves - For each finger used for hand defense, the protecting material has a different sheath.

Image 1.5 Gloves



Anti- Static Wrist Strap - It is an antistatic tool that is used to firmly ground a person operating on very sensitive electronic devices to avoid the accumulation of static electricity that can lead to ESD in their body.

Image 1.6 Anti- static wrist strap



Anti-static floor mat - is an anti-static system that protects a person or piece of equipment from an electrostatic discharge, such as a PC (ESD).



Types of tools used for installing Network Cables

Punch down Tool - can also be referred to as a krone tool. It is a hand tool used to link the wires to one of the following wires inside an Ethernet cable.

Image 1.7 Punch down Tool



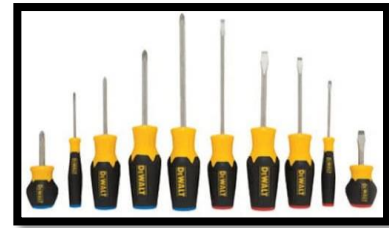
Wire Stripper - A hand tool to remove the protective cover from an Ethernet cable to reveal the inner wires.

Image 1.8 Wire Stripper



Screwdriver Set - hand held devices to mount and remove fasteners or screws and rely on the operator's physical capabilities to provide precise force when using the screwdriver handle when turning clockwise or anti-clockwise.

Image 1.9 Screwdriver set



Crimping Tool - Like a pair of pliers, except by deforming one, or sometimes both, of them in such a way that it allows them to hold each other, two pieces of metal are used to combine.

Image 1.10 Crimping Tool



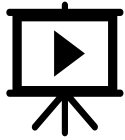
Cable Tester - A tool used to measure a specific form of cable for both strength and connectivity.

Image 1.11 cable tester








Network cables installation involves a few basic tools to enable you both easily and effectively to complete the job.

Some tools are required, such as a crimp tool to mount an RJ45 connector to the end of an Ethernet cable, while others may not be necessary, but they are extremely useful, and you find yourself struggling to complete the installation without one. Even if you do not actually need to use them all, if you need to conduct any troubleshooting or look to update your network in the future, they are still useful to have enabled.



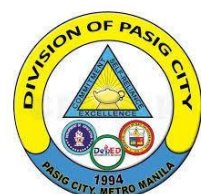
ACTIVITIES

A. Direction: Match the following tools that corresponds to its definition.

1. 	<p>A. It is a hand tool used to link the wires to one of the following wires inside an Ethernet cable.</p> <p>B. A tool used to measure a specific form of cable for both strength and connectivity.</p> <p>C. A hand tool to remove the protective cover from an Ethernet cable to reveal the inner wires.</p> <p>D. Like a pair of pliers, except by deforming one, or sometimes both, of them in such a way that it allows them to hold each other, two pieces of metal are used to combine.</p> <p>E. hand held devices to mount and remove fasteners or screws and rely on the operator's physical capabilities to provide precise force when using the screwdriver handle when turning clockwise or anti-clockwise.</p>
2. 	
3. 	
4. 	
5. 	

B. Direction: List down 5 personal protective equipment (PPE) and give the uses.

Personal Protective Equipment	Uses
1.	
2.	
3.	
4.	
5.	





WRAP-UP

This module talked about the use of Personal Protective Equipment (PPE), and different proper tools used for installing network cables.

In addition, Network cables installation involves a few basic tools to enable you both easily and effectively to complete the job. Some tools are required, such as a crimp tool to mount an RJ45 connector to the end of an Ethernet cable, while others may not be necessary, but they are extremely useful, and you find yourself struggling to complete the installation without one.

Now, as learners, aside from the several points mentioned above. You can use the blank spaces provided in the next page to answer and react to the following cases or scenarios:

- Would you be able to make use of this knowledge obtained in this module?
In what scenario would it be?

- What are the challenges you encountered in learning this module?



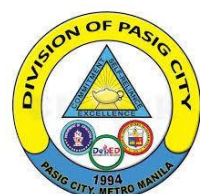
VALUING

DIRECTION: Read and answer the following questions carefully in two to three sentences each number.

1. What do you think are the importance of OHS Standards?

2. How will you use the knowledge you acquired about OHS Standards?

3. Cite a situation in which you can apply the knowledge of understanding



OHS Standards.



POSTTEST

Direction: Choose the letter of the correct answer.

1. It A large spectacle, with shields around the edges to protect the eyes from pollen, excessive glare, wind, etc.
a. Apron b. Googles c. Gloves
2. A mask shield to avoid the inhalation or ingestion of particles and other contaminants.
a. Gloves b. Face Mask c. Google
3. A fabric worn as a cloth cover over the front of the body.
a. Apron b. Gloves c. Googles
4. It is an antistatic tool that is used to firmly ground a person operating on very sensitive electronic devices to avoid the accumulation of static electricity that can lead to ESD in their body.
a. Anti-static Wrist strap b. Anti-static Mat c. Gloves
5. is an anti-static system that protects a person or piece of equipment from an electrostatic discharge, such as a PC (ESD).
a. Anti-static Wrist strap b. Anti-static Mat c. Gloves





KEY TO CORRECTION

5. B	Post-Test
4. A	
3. C	
2. B	
1. B	
5. T	Pre-Test
4. T	
3. T	
2. T	
1. T	

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