

# LLDD Health: Personal Hygiene

## Course overview

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This course will help you to develop your knowledge and understanding in ensuring personal hygiene. You will be able to recognise how maintaining good personal hygiene will help you to feel more confident and improve your self-esteem.

## What will I study?

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You will:

- Learn about the importance of practicing good personal hygiene at all times.
- Learn how to identify, improve and maintain personal hygiene
- Learn why good hand washing is important; when and how to keep your hands clean
- Identify what products we need to use for personal hygiene
- Discuss what you need to do to keep your clothes clean
- Discuss why personal appearance is important to us and to others
- Identify uniform and clothing for specific jobs

## Assessment method

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- You will take part in Q&A sessions and discussions to confirm your understanding
- There will be classroom activities and role play
- Your tutor will give you verbal and written feedback throughout the course

## Entry requirements

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- Be able to take part in group discussions
- Be able to read simple sentences and recognise signs & symbols
- Be able to write simple sentences independently

## What should I bring with me?

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An A4 folder, A4 notepad and a pen. You may want your own set of colour pens/pencils.

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams or via a remote learning pack.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to the most suitable level course for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)

call: 020 8270 4722

