

<b>Title</b>	<b>Describe the effects of shift work and strategies to manage them</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	People credited with this unit standard are able to describe the effects of shift work and strategies to manage them.
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<b>Classification</b>	Core Generic > Work and Study Skills
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<b>Available grade</b>	Achieved
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### Guidance Information

The following legislation provides reference, where needed, for this unit standard:  
Health and Safety at Work Act 2015.

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### Outcomes and performance criteria

#### Outcome 1

Describe the effects of shift work and strategies to manage them.

#### Performance criteria

- 1.1 Physiological effects of shift work are described in terms of their influence on body systems.
- 1.2 Psychological effects of shift work are described in terms of their influence on work performance.
- 1.3 Social effects of shift work are described in terms of their influence on relationships and personal commitments.
- 1.4 Strategies to promote hauora, healthy eating, sleeping and exercise are described in terms of managing the physiological and psychological effects of shift work.
- 1.5 Strategies for minimising family and social challenges are described in terms of the effects of shift work.

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<b>Planned review date</b>	31 December 2027
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	25 July 1999	31 December 2015
Review	2	21 November 2003	31 December 2015
Rollover and Revision	3	24 August 2007	31 December 2015
Rollover and Revision	4	18 April 2013	31 December 2017
Review	5	18 June 2015	31 December 2019
Review	6	25 January 2018	31 December 2025
Review	7	2 March 2023	N/A
Revision	8	28 August 2025	N/A

**Consent and Moderation Requirements (CMR) reference**

0113

This CMR can be accessed at [Search Framework](#).

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**Comments on this unit standard**

Please contact NZQA National Qualifications Services [nqs@nzqa.govt.nz](mailto:nqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.