

## Identify and manage the effects of shift work

**Level** 2

**Credits** 2

**Purpose** People credited with this unit standard are able to: identify the biological and social effects of shiftwork; identify the legislative rights and responsibilities associated with shiftwork; and explain steps to manage the effects of shiftwork.

**Subfield** Core Generic

**Domain** Work and Study Skills

**Status** Registered

**Status date** 21 November 2003

**Date version published** 24 August 2007

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**Entry information** Open.

**Accreditation** Evaluation of documentation by NZQA.

**Standard setting body (SSB)** NZ Extractive Industries Training Organisation

**Accreditation and Moderation Action Plan (AMAP) reference** 0114

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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### Special notes

The legislative requirements in this unit standard relate to but are not limited to: the Health and Safety in Employment Act 1992, and Health and Safety in Employment Regulations 1995.

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## Elements and performance criteria

### Element 1

Identify the biological and social effects of shiftwork.

#### Performance criteria

- 1.1 Circadian rhythms are identified in terms of their influence on body systems.
- Range body temperature, sleep/wake cycle, endocrine system, immune system, urinary system, cardiovascular system, metabolism and digestive system.
- 1.2 Environmental changes are identified in terms of their effects on human alertness.
- Range light, noise, temperature.
- 1.3 Sleep architecture, cycles, and innate influences are identified as they relate to healthy sleep.
- Range circadian rhythms, body temperature, sleep stages one through four (non-REM) and REM sleep, beta waves, alpha waves, theta waves, delta waves.
- 1.4 Potential medical and other consequences are identified in terms of the effects of shiftwork.
- Range may include but are not limited to – sleep disorders, stomach ailments, chronic fatigue, heart disease, affective conditions, impact on reproduction, drug and alcohol abuse; higher rates of sick leave.
- 1.5 The impact of fatigue as a consequence of shiftwork is identified in terms of workforce safety.
- Range may include but is not limited to – higher rates of workplace accidents, higher rates of commuting accidents.
- 1.6 Family and social challenges as a consequence of shiftwork are identified.
- Range may include but is not limited to – difficulty planning family events, sports commitments, accomplishing household duties, demands on personal relationships, communication difficulties.

## Element 2

Identify the legislative rights and responsibilities associated with shiftwork.

### Performance criteria

- 2.1 Employee's legislative rights are identified as they relate to shiftwork.
- 2.2 Employee's legislative responsibilities are identified as they relate to shiftwork.

## Element 3

Explain steps to manage the effects of shiftwork.

### Performance criteria

- 3.1 A healthy eating strategy for a shiftworker is described as it relates to the normal circadian feeding rhythms.  
  
Range regularity, balance, light meals overnight, healthy snacks, fluids.
- 3.2 Foods and drinks to avoid while on shiftwork are identified in terms of a healthy eating strategy.  
  
Range may include but are not limited to – large and/or heavy meals, fatty foods, spicy or irritating foods, caffeine, alcohol.
- 3.3 Healthy sleeping strategies are described in terms of the sleeping environment while on shiftwork.  
  
Range most conducive environment for daytime sleeps, napping.
- 3.4 Healthy exercise practices are identified in terms of the effects of shiftwork.  
  
Range regularity, timing.
- 3.5 Strategies for minimising family and social challenges are described in terms of the effects of shiftwork.

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### Please note

Providers must be accredited by NZQA, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by NZQA before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

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**Comments on this unit standard**

Please contact the NZ Extractive Industries Training Organisation [info@exito.org.nz](mailto:info@exito.org.nz) if you wish to suggest changes to the content of this unit standard.