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| Title | **Describe the effects of shift work and strategies to manage them** | | |
| Level | **2** | **Credits** | **2** |

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| Purpose | People credited with this unit standard are able to describe the effects of shift work and strategies to manage them. |

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| Classification | Core Generic > Work and Study Skills |

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| Available grade | Achieved |

**Guidance Information**

The following legislation provides reference, where needed, for this unit standard:

Health and Safety at Work Act 2015.

**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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| Planned review date | 31 December 2027 |

**Status information and last date for assessment for superseded versions**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 | N/A |
| Review | 7 |  | N/A |

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| Consent and Moderation Requirements (CMR) reference | 0113 |

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

**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.