

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

Purpose	People credited with this unit standard are able to describe: the physiological, psychological and social effects of shift work; and strategies to manage the effects of shift work.
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Classification	Core Generic > Work and Study Skills
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Available grade	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.

Outcomes and performance criteria

Outcome 1

Describe the physiological, psychological and social effects of shift work.

Performance criteria

- 1.1 Physiological effects are described in terms of their influence on body systems.
- 1.2 Psychological effects are described in terms of their influence on work performance.
- 1.3 Social effects are described in terms of their influence on relationships and personal commitments.

Outcome 2

Describe strategies to manage the effects of shift work.

Performance criteria

- 2.1 Strategies to promote healthy eating, sleeping and exercise are described in terms of managing the physiological and psychological effects.
- 2.2 Strategies for minimising family and social challenges are described in terms of the effects of shift work.

Planned review date	31 December 2022
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Status information and last date for assessment for superseded versions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	N/A

Consent and Moderation Requirements (CMR) reference	0113
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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 if you wish to suggest changes to the content of this unit standard.