

<b>Title</b>	<b>Demonstrate knowledge of stress, health and fatigue for driving</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to describe: symptoms and impact of stress and fatigue on drivers; causes of stress and fatigue; techniques for managing personal stress and health, and benefits for driving performance; actions that can be taken to avoid the onset of fatigue; and the effects of substances on driver performance.
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<b>Classification</b>	Driving > Core Driving Knowledge and Skills
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Evidence presented for assessment against this unit standard must be consistent with safe working practices and be in accordance with applicable company requirements and legislative requirements.
- 2 Legislation, regulations and/or industry standards relevant to this unit standard include but are not limited to the:
  - Health and Safety at Work Act 2015; and any subsequent amendments and replacements.
- 3 Definitions
 

*Company requirements* refer to instructions to staff on policy and procedures that are available in the workplace. These requirements may include – company policies and procedures, industry standards, codes of practice, work instructions, product quality specifications and legislative requirements.

*Fatigue* is extreme tiredness, especially resulting from mental or physical exertion, illness, or lack of sleep.

*Non-physical* may include environmental and/or emotional factors.

*Stress* refers to mental, emotional, or physical strain or tension that has an impact on performance and/or wellbeing, and may include long-term stress overload.
- 4 Any associated training and assessment should support the concepts that stress is a natural human reaction, that it can be managed to avoid stress overload, and that it can be an important factor in wellness.
- 5 Associated training and assessment should also refer to the relationship between fatigue and other aspects of sleep quality in addition to lack of sleep. These may include but are not limited to – daily and age-related body clock rhythms, sleep patterns, the causes and effects of abnormal caffeine or blood-sugar levels on consciousness, and common illnesses.

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## Outcomes and performance criteria

### Outcome 1

Describe symptoms and impact of stress and fatigue on drivers.

Range three physical symptoms; three non-physical symptoms, for each criterion is required.

#### Performance criteria

1.1 Symptoms of physical and non-physical stress on drivers are described.

1.2 Symptoms of physical and non-physical fatigue on drivers are described.

1.3 Impact of stress on driving-related behaviour is described.

1.4 Impact of fatigue on driving-related behaviour is described.

### Outcome 2

Describe causes of stress and fatigue.

#### Performance criteria

2.1 Driving related and non-driving related causes of stress are described.

Range three physical, three non-physical.

2.2 Driving related and non-driving related causes of fatigue are described.

Range three physical, three non-physical.

2.3 Factors other than stress and fatigue that impact on sleep quality are described.

Range may include – interruptions to normal sleeping patterns, sleep disruptions, caffeine ingestion levels, ingestion of foods or fluids, bed comfort, illnesses such as colds and flu, age-related body clock rhythms;  
evidence of three factors.

### Outcome 3

Describe techniques for managing personal stress and health, and benefits for driving performance.

**Performance criteria**

- 3.1 Techniques for self-management of stress are described.  
Range evidence of three techniques.
- 3.2 Techniques for personal health management are described.  
Range two techniques each for – exercise, diet, rest, sleep quality management, injury avoidance.
- 3.3 Ways in which good health can benefit a person’s driving are described.  
Range evidence of three benefits.

**Outcome 4**

Describe actions that can be taken to avoid the onset of fatigue.

**Performance criteria**

- 4.1 Actions that can be taken for controlling activities that may lead to the onset of fatigue are described.  
Range six actions, three of which are driving related.
- 4.2 Actions that can be taken to reduce the effects of fatigue that develop while driving.  
Range minimum of three.
- 4.3 Actions that should be taken if personal fatigue control methods fail to halt the onset of fatigue are described.  
Range minimum of three.

**Outcome 5**

Describe the effects of substances on driver performance.

**Performance criteria**

- 5.1 The effect of substances on driver performance is described.  
Range alcohol, drugs, medication.

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<b>Planned review date</b>	31 December 2023
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	9 April 1996	31 December 2017
Review	2	25 May 1999	31 December 2017
Revision	3	14 September 2000	31 December 2017
Revision	4	12 June 2001	31 December 2017
Review	5	22 October 2004	31 December 2017
Review	6	27 October 2006	31 December 2017
Review	7	16 April 2015	31 December 2020
Review	8	28 March 2019	N/A

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

0014

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

**Comments on this unit standard**

Please contact MITO New Zealand Incorporated [info@mito.org.nz](mailto:info@mito.org.nz) if you wish to suggest changes to the content of this unit standard.