

Title	Demonstrate knowledge of factors that affect the performance of workers in a wood manufacturing operation		
Level	2	Credits	10

Purpose	People credited with this unit standard are able to, for workers in a wood manufacturing operation: demonstrate knowledge of substances and its effect on performance and safety; demonstrate knowledge of fluid loss as part of everyday work ; demonstrate knowledge of hydration and benefits associated with frequent fluid intake; demonstrate knowledge of the role of diet in maintaining the physical wellbeing; describe causes and effects of fatigue on the performance and explain ways to reduce fatigue; identify and describe strategies and practices to manage the effects of shift work; and demonstrate knowledge of health conditions and its management, and how performance can be maintained.
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Classification	Wood Manufacturing - Generic Skills > Wood Manufacturing Foundation Skills
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Available grade	Achieved
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Guidance Information

1 Definitions

Accepted industry practice refers to approved codes of practice and standardised procedures accepted by the wider wood manufacturing industry as examples of best practice.

Acute fatigue refers to fatigue that is the result of a short-term event, for example, the loss of a night's sleep. Symptoms tend to be significant but can be easily rectified, in this example, with sleep.

Chronic fatigue syndrome refers to fatigue that has developed over an extended period of time. Symptoms may initially be minor but will continue to get worse as the duration of the fatigue increases. An example might be sleep patterns that do not allow the person to get sufficient rest. Over a period of time the symptoms will develop, and a short period of rest will not completely remedy this type of fatigue.

Wood manufacturing operation refers to any operation or organisation involved in the conversion of any wood materials to saleable products.

Workplace procedures refer to documented policies and procedures set by the organisation carrying out the work, and to documented or other directions provided to staff, and applicable to the tasks being carried out. They may include but are not limited to – standard operating procedures, site specific procedures, site safety procedures, equipment operating procedures, quality assurance procedures, product quality specifications, references, approved codes of practice, housekeeping standards, environmental considerations, on-site briefings, supervisor's instructions,

and procedures to comply with legislative and local body requirements relevant to the wood manufacturing sector.

2 Assessment information

All activities and evidence must meet workplace procedures and accepted industry practice.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of substances and its effect on performance and safety of workers in a wood manufacturing operation.

Performance criteria

1.1 Two illegal substances are identified, and the health consequences of their use is described.

Range illegal substances may include but are not limited to – hallucinogens, marijuana, methamphetamine;
two consequences are required for each substance.

1.2 Ways in which three legal substances can be misused and the health consequences of misuse are described.

Range legal substances include – solvents, alcohol, prescription drugs, tobacco, caffeine;
two consequences are required for each substance.

1.3 Indicators of possible substance misuse are identified.

Range evidence of three indicators is required.

1.4 Ways to manage substance misuse are described.

Range evidence of two methods is required.

1.5 Local agencies that assist in the management of substance misuse are identified.

1.6 Consequences of working under the influence of illegal substances are described.

Outcome 2

Demonstrate knowledge of fluid loss as part of everyday work for workers in a wood manufacturing operation.

Performance criteria

2.1 Fluid loss by a worker in a wood manufacturing operation during a workday is compared relative to two other activities.

Range one other work environment, one sport.

2.2 Fluid loss in seasonal and climatic differences and temperature extremes are compared.

2.3 Different rates of fluid loss are described for variances in physical activity required in wood manufacturing operations.

Range evidence of two is required from two different workplace activities.

Outcome 3

Demonstrate knowledge of hydration and benefits associated with frequent fluid intake for workers in a wood manufacturing operation.

Performance criteria

3.1 Two fluid types suitable for hydration are identified.

3.2 Two fluid types unsuitable for hydration are identified

3.3 Fluid types suitable for workers are explained in terms of intake frequency, timing, and volumes.

3.4 Three physical symptoms of dehydration are described.

3.5 Actions required when symptoms of dehydration are recognised are explained.

3.6 Benefits of hydration on work performance are explained in terms of production, quality, and safety of self and other workers in a wood manufacturing operation.

Outcome 4

Demonstrate knowledge of the role of diet in maintaining the physical wellbeing of workers in a wood manufacturing operation.

Performance criteria

4.1 Terms 'carbohydrate', 'protein', and 'fat' are defined in terms of their ability to be converted into sustainable energy.

4.2 Five foods high in carbohydrates are identified.

4.3 Five foods high in proteins are identified.

4.4 Five foods high in fats are identified.

- 4.5 The role of carbohydrate and protein foods is explained in terms of body condition, endurance, and fitness for the job.
- 4.6 The 'food pyramid' is described in terms of maintaining a balanced diet.
- 4.7 Five foods unsuitable for sustained energy are identified.
- 4.8 The relationship between work performance and the timing of meals and type of food intake is explained.

Outcome 5

Describe causes and effects of fatigue on the performance of workers in a wood manufacturing operation and explain ways to reduce fatigue.

Performance criteria

- 5.1 Causes of fatigue associated with the workplace and personal health management are identified.
- Range evidence of three each – workplace, personal health management.
- 5.2 Adverse effects of acute fatigue are described in terms of safety, work quality, mood, motivation, and productivity.
- Range evidence of four effects is required.
- 5.3 Adverse effects of chronic fatigue syndrome are described in terms of physical work capacity and physical wellbeing.
- Range evidence of four effects is required.
- 5.4 Factors contributing to physical and mental wellbeing are explained in terms of minimising fatigue in wood manufacturing.
- Range includes but is not limited to – use of correct equipment, equipment maintenance, body conditioning, sleep, rest and recreation, nutrition, work technique.

Outcome 6

Identify and describe strategies and practices to manage the effects of shift work in a wood manufacturing operation.

Performance criteria

- 6.1 A healthy eating strategy for a shift worker is described as it relates to the normal circadian feeding rhythms.
- Range regularity, balance, light meals overnight, healthy snacks, fluids.

- 6.2 Factors promoting healthy sleep patterns are identified.
 - Range circadian rhythms, body temperature, sleep stages (rapid eye movement (REM) and non-REM sleep), quantity and quality.
- 6.3 Healthy sleeping strategies are described in terms of managing the sleeping environment while on shift work.
 - Range most conducive environment for daytime sleep, napping.
- 6.4 Healthy exercise practices are identified in terms of managing the effects of shift work.
 - Range regularity, timing.
- 6.5 Strategies for minimising family and social challenges are described in terms of managing the effects of shift work.

Outcome 7

Demonstrate knowledge of health conditions and its management, and how performance of workers in a wood manufacturing operation can be maintained.

Performance criteria

- 7.1 Minor health conditions common to workers in wood manufacturing are identified.
 - Range evidence of five health conditions.
- 7.2 Performance maintenance is explained in terms of recognition of health conditions, their potential effects, first aid measures, and specific treatments.
- 7.3 Benefits of prompt attention to minor health conditions are described.
 - Range evidence of at least three benefits is required.

Planned review date	31 December 2024
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 December 2006	31 December 2020
Revision	2	18 September 2009	N/A
Review	3	28 May 2020	N/A

Consent and Moderation Requirements (CMR) reference	0013
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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 Competenz qualifications@competenz.org.nz if you wish to suggest changes to the content of this unit standard.