

Title	Demonstrate knowledge of fatigue and health factors affecting the performance of commercial road transport drivers		
Level	4	Credits	8

Purpose	People credited with this unit standard are, for a commercial road transport driver, able to: identify the causes and symptoms of fatigue, and effects of fatigue on driving performance; and demonstrate knowledge of a healthy diet, adequate hydration, the effects of alcohol and drugs, the effects of exercise, and illness and injury management.
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Classification	Commercial Road Transport > Commercial Road Transport Skills
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Available grade	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;
 - Land Transport Act 1998;
 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.

Driver performance means the standard of driving and the ability to carry out associated on-job tasks.

Effects of alcohol and drugs means immediate effects and effects still evident several hours after consumption has ceased.

Injuries means acute and/or chronic (overuse).

Physiological effects means relating to the function of body systems. Short-term physiological effects – those evident up to 72 hours post-exercise; Long-term physiological effects – those attributable to regular exercise bouts spanning at least four weeks.

Outcomes and performance criteria

Outcome 1

Identify the causes and symptoms of fatigue, and effects of fatigue on driving performance.

Performance criteria

- 1.1 Causes of fatigue are identified.
- 1.2 Symptoms of fatigue are identified.
- 1.3 Effects of fatigue on driving performance are identified.

Outcome 2

Demonstrate knowledge of a healthy diet for a commercial road transport driver.

Performance criteria

- 2.1 The three primary macronutrients are defined in terms of type and energy content.
- 2.2 Energy balance is explained in terms of recommended daily energy intake, weight gain, and weight loss.
- 2.3 Obesity is defined and described in terms of potential effects on driver performance.
- 2.4 Foods high in carbohydrate, fat, and protein are identified.

Range evidence of three foods for each macronutrient is required.
- 2.5 A healthy diet is defined in terms of the percentage contribution of each macronutrient.
- 2.6 The glycaemic index is defined and described in terms of its role in helping control blood sugar levels.
- 2.7 Potential effects of low blood sugar levels on driver performance are identified.
- 2.8 A work day is planned to ensure energy levels are maintained and a healthy diet is consumed.

Outcome 3

Demonstrate knowledge of adequate hydration for a commercial road transport driver.

Performance criteria

- 3.1 Dehydration is defined and described in terms of physiological signs and potential causes.
- Range evidence of three signs and causes is required.
- 3.2 Ways in which dehydration can affect driver performance are described.
- Range evidence of three ways is required.
- 3.3 Recommended daily water intake is identified in terms of quantity and servings relevant to seasonal conditions.
- 3.4 Water alternatives are identified and compared in terms of their effectiveness in maintaining fluid balance, and optimising driver performance.

Outcome 4

Demonstrate knowledge of the effects of alcohol and drugs as a commercial road transport driver.

Performance criteria

- 4.1 Ways in which prescription and/or non-prescription medication can affect driver performance are described.
- 4.2 Ways in which the effects of alcohol and drug consumption can impact on driver performance are described.
- 4.3 Physiological signs that someone is under the influence of alcohol and drugs are identified.
- 4.4 Penalty systems associated with being found driving while under the influence of alcohol and drugs are described.

Outcome 5

Demonstrate knowledge of the effects of exercise as a commercial road transport driver.

Performance criteria

- 5.1 Physical activity is defined in terms of the health benefits.
- 5.2 Exercise modes are defined and compared in terms of the body systems they are designed to affect.
- Range exercise modes include – cardiovascular, resistance, flexibility.

5.3 Physiological effects of exercise are identified and described in terms of potential impact on driver performance.

Range short-term, long-term;
evidence of three effects are required.

Outcome 6

Demonstrate knowledge of illness and injury management as a commercial road transport driver.

Performance criteria

6.1 Common illnesses or medical conditions are identified and described in terms of potential impact on driver performance.

Range evidence of three illnesses or medical conditions is required.

6.2 Common workplace injuries are identified and described in terms of type, coping strategy, and avoidance strategy.

Range evidence of three injuries is required.

Planned review date	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	22 October 2010	31 December 2017
Review	2	16 April 2015	31 December 2020
Review	3	28 March 2019	N/A

Consent and Moderation Requirements (CMR) reference	0014
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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 MITO New Zealand Incorporated info@mito.org.nz if you wish to suggest changes to the content of this unit standard.