

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

<b>Purpose</b>	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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<b>Classification</b>	Commercial Road Transport > Commercial Road Transport Skills
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Legislation, regulations, references 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.

Any new, amended or replacement Acts, regulations, standards, codes of practice, guidelines, or authority requirements or conditions affecting this unit standard will take precedence for assessment purposes, pending review of this unit standard.

- 2 **Definitions**

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

*Effects of alcohol and drugs* refer to the immediate effects and effects still evident several hours after consumption has ceased.

*Injuries* include acute and/or chronic occupational overuse syndrome.

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

*Workplace procedures* refer to organisation policies and procedures that are documented in memo, electronic, or manual format and available in the workplace. 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, manufacturer’s requirements, 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 commercial road transport sector.

### 3 Assessment information

Evidence presented for assessment against this unit standard must be consistent with safe working practices and be in accordance with applicable service information, workplace procedures and legislative requirements.

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## Outcomes and performance criteria

### Outcome 1

Identify the causes and symptoms of fatigue, and effects of fatigue on driving performance for a commercial road transport driver.

#### Performance criteria

- 1.1 Four causes of fatigue are identified.
- 1.2 Six symptoms of fatigue are identified.
- 1.3 Six 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 on 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 on 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 for 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.

<b>Planned review date</b>	31 December 2028
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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	31 December 2025
Review	4	29 June 2023	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0014
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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**Comments on this unit standard**

Please contact Hanga-Aro-Rau Manufacturing, Engineering and Logistics Workforce Development Council [qualifications@hangaarorau.nz](mailto:qualifications@hangaarorau.nz) if you wish to suggest changes to the content of this unit standard.