

<b>Title</b>	<b>Demonstrate knowledge of health factors that affect the performance of manufacturing workers</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	<p>People credited with this unit standard are able to demonstrate knowledge of fluid loss as part of everyday work for manufacturing workers; describe hydration and types and volumes of fluids required to maintain adequate hydration at a manufacturing workplace, and explain the benefits associated with frequent fluid intake; explain the role of diet in maintaining the physical wellbeing of manufacturing workers; describe causes and effects of fatigue on the work performance of workers in manufacturing and explain ways to reduce fatigue; and explain how performance is maintained by prompt attention to personal health.</p>
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<b>Classification</b>	Manufacturing Skills > Manufacturing Processes
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<b>Available grade</b>	Achieved
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### Guidance Information

- References and legislation  
Enactments and codes relevant to this unit standard include but are not limited to the: Resource Management Act 1991 and Health and Safety at Work Act 2015.
- Definitions  
*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.

### Outcomes and performance criteria

#### Outcome 1

Demonstrate knowledge of fluid loss as part of everyday work for manufacturing workers.

**Performance criteria**

- 1.1 Fluid loss by a worker in manufacturing during a work day is compared with fluid loss for other activities.
- Range one other work environment, one sport.
- 1.2 Fluid loss in seasonal and climatic differences and temperature extremes is explained and compared.
- 1.3 Different rates of fluid loss are described for variances in physical activity required in manufacturing operations.
- Range evidence is required from two different workplace activities.

**Outcome 2**

Describe hydration, and types and volumes of fluids required to maintain adequate hydration at a manufacturing workplace, and explain the benefits associated with frequent fluid intake.

**Performance criteria**

- 2.1 Fluid types suitable and unsuitable for hydration at a manufacturing workplace are stated.
- Range evidence of two of each is required.
- 2.2 Consumption criteria for different fluid types suitable for workers in manufacturing are described.
- Range criteria – intake frequency, timing, volumes; evidence of three fluids is required.
- 2.3 Three physical symptoms of dehydration are described.
- 2.4 Remedial actions required when symptoms of dehydration are recognised are explained.
- 2.5 The benefits of hydration for work performance are explained.
- Range production, quality, safety of self and other manufacturing workers.

**Outcome 3**

Explain the role of diet in maintaining the physical wellbeing of manufacturing workers.

**Performance criteria**

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

- 3.2 Foods that are high in carbohydrates, proteins, and fats are identified.
- Range evidence of five foods in each category is required.
- 3.3 The role of carbohydrate and protein foods is explained in terms of body condition, endurance, and fitness for the job.
- 3.4 Meal portion sizes and the ratios of various food groups, are identified and described.
- Range examples of current food and nutrition guidelines provided by the New Zealand Ministry of Health.
- 3.5 Five foods unsuitable for sustained energy are stated.
- 3.6 The relationship between work performance and the timing of meals and type of food intake is explained.

#### **Outcome 4**

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

#### **Performance criteria**

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

#### **Outcome 5**

Explain how performance is maintained by prompt attention to personal health.

**Performance criteria**

5.1 Minor health conditions common to workers in manufacturing are stated.

Range evidence of five health conditions must be stated.

5.2 Performance maintenance is explained in terms of recognition of health conditions, their potential effects, first aid measures, and specific treatments.

5.3 Benefits of prompt attention to minor health conditions are described.

Range evidence of at least three benefits is required.

<b>Replacement information</b>	This unit standard was replaced by unit standard 32565.
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**This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.**

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	21 January 2016	31 December 2020
Revision	2	15 June 2017	31 December 2023
Revision	3	26 September 2019	31 December 2023
Review	4	26 August 2021	31 December 2023

<b>Consent and Moderation Requirements (CMR) reference</b>	0013
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.