

Title	Demonstrate knowledge of factors that impact the performance of workers in a port operations environment		
Level	3	Credits	5

Purpose	This theory-based unit standard is for people who wish to enter or are employed in the port operations environment. People credited with this unit standard are able to demonstrate knowledge of: substances which may adversely impact work performance and safety; diet and hydration and their impact on work performance; and stress and fatigue and their impact on work performance in a port operations environment.
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Classification	Stevedoring and Ports Industry > Port Machinery Operations
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Available grade	Achieved
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Explanatory notes

- 1 Legislation, regulations and/or industry standards relevant to this unit standard include but are not limited to the current version of including updated amendments to, and replacements of – Health and Safety at Work Act 2015.
- 2 Definitions
Company requirements refer to instructions to staff on policy and procedures which are documented in memo or manual format and are available in the workplace. These requirements include but are not limited to – company specifications and procedures, work instructions, manufacturer specifications, product quality specifications and legislative requirements.

Outcomes and evidence requirements

Outcome 1

Demonstrate knowledge of substances that may adversely impact work performance and safety in a port operations environment.

Evidence requirements

- 1.1 Substances that may adversely impact work performance and safety are identified and their adverse effects are described.

Range evidence of three illegal and three legal substances is required.

1.2 Behaviours that indicate a person may be using a substance in a way that is likely to impact work performance are identified.

Range evidence of three behaviours is required.

1.3 Company policies about drug and alcohol use and testing are described.

Outcome 2

Demonstrate knowledge of diet and hydration and their impact on work performance in a port operations environment.

Evidence requirements

2.1 The impact on work performance of different foods is described.

Range includes foods that have positive effects and negative effects.

2.2 The impact on work performance of timing of meals is described.

2.3 Suitable and unsuitable fluids for hydration are described.

2.4 Symptoms of dehydration are described.

Range evidence of three symptoms is required.

2.5 The impact of dehydration on work performance is described.

Range evidence of three effects is required.

Outcome 3

Demonstrate knowledge of stress and fatigue and their impact on work performance in a port operations environment.

Evidence requirements

3.1 Causes of stress in the workplace are identified.

Range evidence of three causes is required.

3.2 Causes of fatigue in the workplace are identified.

Range evidence of three causes is required.

3.3 Adverse impacts of stress and fatigue on work performance are described.

3.4 Strategies to reduce stress and fatigue are described.

3.5 Strategies to reduce the impact of shift work are described.

3.6 Strategies to promote sleep during shift work are identified.

Planned review date	31 December 2022
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 May 2017	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>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMRs). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the NZ Motor Industry Training Organisation (Incorporated) (MITO) info@mito.org.nz if you wish to suggest changes to the content of this unit standard.