

Title	Manage personal wellbeing when carrying out primary industry operational activities		
Level	3	Credits	5

Purpose	<p>This unit standard is for people working in the primary industry.</p> <p>People credited with this unit standard are able to: identify and communicate risks or concerns that affect personal wellbeing when carrying out primary industry operational activities; identify support groups and describe the services they provide to primary industry workers; identify personal factors that contribute to fatigue and stress, and describe strategies for their management, in a primary industry workplace; develop a meal plan that supports personal wellbeing when carrying out primary industry operational activities; and develop a plan to achieve professional learning goals when carrying out primary industry operational activities.</p>
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Classification	Primary Sector > Primary Sector Core Skills
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Available grade	Achieved
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Guidance Information

- 1 Legislation relevant to this unit standard includes but is not limited to:
 - Health and Safety at Work Act 2015.
- 2 For the purposes of assessment, *communicate* refers to the ability to communicate risks or concerns around wellbeing issues in the workplace with a supervisor or manager.
- 3 Definitions

Operational activities may include but are not limited to – crop harvesting, vehicle driving, fencing, general maintenance, honey extraction, feeding or moving livestock. *Professional learning* goals may include participating in a recreational activity or sport, starting a hobby, or further study.

Wellbeing refers to building five actions into day-to-day lives; connect - me whakawhanaunga, give - tukua, take notice - me aro tonu, keep learning - me ako tonu, be active – me kori tonu. Refer to the Mental Health Foundation website - www.mentalhealth.org.nz.
- 4 References

Five Ways to Wellbeing at Work Toolkit. Available from the Mental Health Foundation website – www.mentalhealth.org.nz.

Your Health. Available from the Ministry of Health website - www.health.govt.nz.

Farm strong - Live well farm well. Available from the Farm strong website - <https://farmstrong.co.nz/>.

Outcomes and performance criteria

Outcome 1

Identify and communicate risks or concerns that affect personal wellbeing when carrying out primary industry operational activities.

Range evidence of two risks or concerns that affect personal wellbeing

Performance criteria

- 1.1 Identify risks or concerns related to carrying out operational activities that affect personal wellbeing.
- 1.2 Communicate with the supervisor regarding risks or concerns affecting personal wellbeing.

Outcome 2

Identify support groups and describe the services they provide to primary industry workers.

Range community support groups, government agencies.

Performance criteria

- 2.1 Identify support groups and describe the services they provide in terms of supporting personal wellbeing.

Range evidence of two community support groups and two government agencies is required.

Outcome 3

Identify personal factors that contribute to fatigue and stress, and describe strategies for their management, in a primary industry workplace.

Performance criteria

- 3.1 Identify personal factors in terms of their contribution to fatigue and stress.
- 3.2 Identify and describe strategies to manage personal fatigue and stress in a primary industry workplace.

Outcome 4

Develop a meal plan that supports personal wellbeing when carrying out primary industry operational activities.

Performance criteria

- 4.1 Explain the importance of daily nutrition and hydration when carrying out operational activities in terms of managing personal wellbeing.
- 4.2 Develop a meal plan to meet daily nutrition and hydration requirements in terms of managing personal wellbeing when carrying out operational activities.

Range meal plan must be for a seven-day period.

Outcome 5

Develop a plan to achieve professional learning goals when carrying out primary industry operational activities.

Range evidence of at least two professional learning goals.

Performance criteria

- 5.1 Explain the importance of identifying and developing a plan to achieve professional learning goals in relation to operational activities and managing personal wellbeing.
- 5.2 Identify professional learning goals in relation to operational activities.
- 5.3 Develop a plan to achieve professional learning goals in relation to operational activities.

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	26 September 2019	N/A

Consent and Moderation Requirements (CMR) reference	0232
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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 the Primary Industry Training Organisation standards@primaryito.ac.nz if you wish to suggest changes to the content of this unit standard.