

Title	Demonstrate knowledge of health factors impacting traffic incident response personnel and impact reduction techniques		
Level	3	Credits	6

Purpose	People credited with this unit standard are able to demonstrate knowledge of: health factors that impact on traffic incident response personnel; and techniques that reduce the impact of health factors on traffic incident response personnel.
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Classification	Infrastructure Works > Temporary Traffic Management
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Available grade	Achieved
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Guidance Information

Learning and assessment for this unit standard must be in accordance with the following:

- Electricity Act 1992;
- Fire Service Act 1975;
- Gas Act 1992;
- Health and Safety at Work Act 2015;
- Land Transport Act 1998;
- Land Transport Rule: Dangerous Goods 2005;
- Resource Management Act 1991;
- and all subsequent amendments and replacements.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of health factors that impact on traffic incident response personnel.

Performance criteria

1.1 Stress and fatigue are described in terms of the causes and symptoms that impact on traffic incident response personnel.

1.2 Stress and fatigue are described in terms of the impact on sleep quality for traffic incident response personnel.

Range interruptions to normal sleeping patterns, sleep disruptions, caffeine ingestion levels, ingestion of foods or fluids, bed comfort, illnesses such as colds and flu, age-related body clock rhythms, exercise.

- 1.3 The use of drugs, alcohol and medications are described in terms of the way they impact on traffic incident response personnel.
- Range alcohol, prescription drugs, solvents, tobacco, prescription drugs, marijuana.
- 1.4 Traumatic events are explained in terms of the impact on health and wellness of traffic incident response personnel.
- Range natural disasters, accidents, crimes, tragedies.

Outcome 2

Demonstrate knowledge of techniques that reduce the impact of health factors on traffic incident response personnel.

Performance criteria

- 2.1 Techniques for self-management are described in terms of how they reduce the impact of stress on traffic incident response personnel.
- Range evidence of three self-management techniques is required.
- 2.2 Techniques for managing personal health and wellness are described in terms of how they reduce the impact of fatigue on traffic incident response personnel.
- Range exercise, nutrition, rest, sleep quality management, injury avoidance, hydration, variety, work method.
- 2.3 Internal and external systems for traffic response personnel who experience traumatic events are explained in terms of the support they provide.

Planned review date	31 December 2025
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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 2020	N/A

Consent and Moderation Requirements (CMR) reference	0101
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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 Connexis - Infrastructure Industry Training Organisation qualifications@connexis.org.nz if you wish to suggest changes to the content of this unit standard