

Title	Demonstrate knowledge of fatigue of workers in a manufacturing environment		
Level	2	Credits	5

Purpose	People credited with this unit standard are able to: describe effects of fatigue on the performance of workers in manufacturing; and describe ways to reduce workplace fatigue of workers in manufacturing.
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Classification	Manufacturing Skills > Manufacturing Processes
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Available grade	Achieved
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Guidance Information

- 1 Legislation relevant to this unit standard include but are not limited to the: Health and Safety at Work Act 2015.
- 2 Reference
Ministry of Health *Guidance on nutrition and physical activity for workplaces* available at: health.govt.nz.
- 3 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 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

Describe effects of fatigue on the performance of workers in manufacturing.

Performance criteria

- 1.1 Adverse effects of fatigue are described in terms of safety, work quality, mood, motivation, and productivity.

Range evidence of four effects is required.

1.2 Role of diet in maintaining the physical wellbeing of manufacturing workers and its effect on fatigue is described.

Range may include but is not limited to – timing of meals, type of food intake, quantity of intake; evidence of three is required.

1.3 Hydration, and types and volumes of fluids required to maintain adequate hydration and their effect on fatigue are described.

1.4 Personal health issues that can affect worker fatigue and the benefits of prompt attention to health issues are described.

Outcome 2

Describe ways to reduce workplace fatigue of workers in manufacturing.

Performance criteria

2.1 Ways to reduce acute workplace fatigue in manufacturing are described.

Range may include but is not limited to – correct equipment use, equipment maintenance, sleep, rest, work technique, stretching; evidence of four is required.

2.2 Ways to reduce chronic workplace fatigue in manufacturing are described.

Range may include but is not limited to – correct equipment use, body conditioning, sleep patterns, rest and recreation, work technique, mental wellbeing, stretching; evidence of four is required.

2.3 The role of healthy eating and hydration in reducing workplace fatigue is described.

Replacement information	This unit standard replaced unit standard 29366.
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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	26 August 2021	N/A

Consent and Moderation Requirements (CMR) reference	0013
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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 Competenz qualifications@competenz.org.nz if you wish to suggest changes to the content of this unit standard.