

Title	Demonstrate knowledge of stress, health and fatigue for driving		
Level	3	Credits	5

Purpose	People credited with this unit standard are able to describe: symptoms and effects of stress and fatigue on drivers; causes of stress and fatigue; techniques and benefits in managing personal stress and health; actions that can be taken to avoid the onset of fatigue; and the effects of substances on driver performance.
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Classification	Driving > Core Driving Knowledge and Skills
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Available grade	Achieved
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Guidance Information

- 1 Evidence presented for assessment against this unit standard must be consistent with safe working practices and be in accordance with applicable service information, and company and legislative requirements. This includes the knowledge and use of suitable tools and equipment.
- 2 Legislation, regulations and/or industry standards relevant to this unit standard include but are not limited to the current version of the Health and Safety at Work Act 2015; and any subsequent amendments and replacements.
- 3 Definitions
Company requirements refer to instructions to staff on policy and procedures that are available in the workplace. These requirements may include – company policies and procedures, work instructions, product quality specifications and legislative requirements.
Service information may include – technical information for a vehicle, machine, or product detailing operation; installation and servicing procedures; manufacturer instructions; technical terms and descriptions; and detailed illustrations.
- 4 Definitions
Fatigue is extreme tiredness, especially resulting from mental or physical exertion, illness, or lack of sleep.

Stress refers to mental, emotional, or physical strain or tension that has an impact on performance and/or wellbeing, and may include long-term stress overload.
- 5 Any associated training and assessment should support the concepts that stress is a natural human reaction, that it can be managed to avoid stress overload, and that it can be an important factor in wellness.

- 6 Associated training and assessment should also refer to the relationship between fatigue and other aspects of sleep quality in addition to lack of sleep. These may include but are not limited to – daily and age-related body clock rhythms, sleep patterns, the causes and effects of abnormal caffeine or blood-sugar levels on consciousness, and common illnesses.

Outcomes and performance criteria

Outcome 1

Describe symptoms and effects of stress and fatigue on drivers.

Performance criteria

- 1.1 The description includes three physical and three non-physical symptoms of stress.
- 1.2 The description includes three physical and three non-physical symptoms of fatigue.
- 1.3 The description includes the impact of three physical and three non-physical symptoms for each of stress and fatigue on driving related behaviour.

Outcome 2

Describe causes of stress and fatigue.

Performance criteria

- 2.1 The description includes three driving related and three non-driving related causes of stress.
- 2.2 The description includes three driving related and three non-driving related causes of fatigue.
- 2.3 The description includes three factors other than stress and fatigue that impact on sleep quality.

Range may include– 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.

Outcome 3

Describe techniques and benefits in managing personal stress and health.

Performance criteria

- 3.1 The description includes three techniques for self-management of stress.

3.2 The description includes techniques for personal health management.

Range two techniques each for – exercise, diet, rest, sleep quality management, injury avoidance.

3.3 The description includes three ways good health can benefit a person's driving.

Outcome 4

Describe actions that can be taken to avoid the onset of fatigue.

Performance criteria

4.1 The description includes actions that can be taken for controlling activities that may lead to the onset of fatigue.

Range six actions, three of which are driving related.

4.2 The description includes at least three actions that can be taken to reduce the effects of fatigue that develop while driving.

4.3 The description includes at least three actions that should be taken if personal fatigue control methods fail to halt the onset of fatigue.

Outcome 5

Describe the effects of substances on driver performance.

Performance criteria

5.1 The effect of substances on driver performance is described.

Range alcohol, drugs, medication.

Planned review date	31 December 2023
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	9 April 1996	31 December 2017
Review	2	25 May 1999	31 December 2017
Revision	3	14 September 2000	31 December 2017
Revision	4	12 June 2001	31 December 2017
Review	5	22 October 2004	31 December 2017
Review	6	27 October 2006	31 December 2017
Review	7	16 April 2015	31 December 2020
Review	8		N/A

Consent and Moderation Requirements (CMR) reference

0014

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact MITO New Zealand Incorporated info@mito.org.nz if you wish to suggest changes to the content of this unit standard.