

Assessment Guide

Domain Forestry > Forest Foundation Skills

Unit 22994 v4 Demonstrate knowledge of factors that affect the performance of forestry workers Level 3 Credits 10

Entry information

There are no pre-requisite requirements for this unit.

Candidate to complete

Name	Company
NSI No.	Email / phone

Pre-assessment confirmation

I, the **candidate**,

- Understand the assessment process and assessment requirements for this unit.
- Understand the appeals and resubmission processes.
- Believe I have the skills and knowledge to successfully complete the assessment.

Assessor to complete

Name	Company
Email / phone	

Pre-assessment confirmation

- I, the **assessor**, can confirm the candidate has achieved any pre-requisite requirements.

Assessment instructions

You will need to be able to show you can:

- Demonstrate knowledge of the signs and sources of impairment in forestry workers and the effects of impairment on work performance and safety.
- Explain factors affecting fluid loss for workers in a forestry operation.
- Describe how to maintain adequate hydration in a forestry operation, and explain the associated benefits.
- Explain the role of diet in maintaining the physical wellbeing of forestry workers.
- Describe causes of stress and fatigue in forestry workers, and explain ways to reduce stress and fatigue.
- Describe ways to manage general health and wellbeing of forestry workers.

Important information

- Carefully read through the rest of this Assessment so you know exactly what is expected.
- All evidence you provide for this assessment must be your own work.
- Clearly name and label all attached evidence.

What you need to do

	Question Set 1 – Stay hydrated
	Question Set 2 – Eating well
	Question Set 3 – Wellbeing – fatigue and stress
	Question Set 4 – Impairment
	Question Set 5 – Taking care of yourself

You can also attach additional evidence which shows you have the required skills and knowledge, e.g. photos, worksite documents, checklists, work samples, videos.

Question Set 1 – Stay hydrated

These questions are about factors affecting fluid loss and how to maintain adequate hydration. Use your own words. Your assessor may ask you more questions to check your understanding.

1. What are **two** ways that being well hydrated helps you physically?

2. What are **two** ways that being well hydrated helps you mentally?

3. What are **two** ways that being well hydrated helps you stay safe?

4. Different activities have different rates of fluid loss.



Tick the boxes below to show whether each of the activities listed creates a high or low fluid loss due to the physical activity involved.

Forestry activities	Rate of loss	
	Low	High
Planting		
Pruning		
Plotting		
Quality control		
Breaking out		
Machine operating		
Tree felling		
Thinning		
Spot spraying		
Non-forestry activities	Low	High
Timber grader		
Rugby player		
Office worker		
Truck driver		
Road cyclist		
Boxer		

5. Name **six** forestry activities and/or tasks that can cause an increase in fluid loss in your operation. □

6. Your environment and work operations and conditions can affect how much fluid you lose in forestry work. □

If you were working in each of the following conditions:

- What effect would they have on your fluid loss?
- How much fluid should you drink (in litres)?

Working conditions	You are outside tree felling on a hot summer's day
Effect on fluid loss	
How often and much I should drink	
Working conditions	You are pruning on a cold winter's day
Effect on fluid loss	
How often and much I should drink	

7. What are **three** physical symptoms of dehydration?

8. Give **three** times when you should drink fluid on the job.

9. What are **three** fluids that will help you keep well hydrated on the job?

10. What are **three** fluids that do not keep you well hydrated on the job?



Assessor – record key points from candidate’s verbal answers as accurately and fully as possible.

These answers were written by:

Candidate

Assessor



Question Set 2 – Eating well

These questions are about the role of diet in maintaining a physical wellbeing.

Use your own words. Your assessor may ask you more questions to check your understanding.

1. How does your body convert carbohydrates into sustainable energy?



2. Name **three** healthy foods that are high in carbohydrates.



3. How does your body convert proteins into sustainable energy?



4. Name **three** healthy foods that are high in protein.



5. How does your body convert fats into sustainable energy?



6. Name **three** healthy foods that are high in fat.



7. How can a food pyramid help you maintain a balanced diet?



8. What are **three** types of food you should eat most of?



9. What are **three** types of food you should eat some of?



10. What are **three** types of food you should eat least?



11. What are **two** ways skipping breakfast can affect how well you work, and why?



12. Why is it important you eat on your regular scheduled breaks?



13. Why do you need to have a healthy dinner at the end of the work day?



14. Define what is meant by obesity.



15. Name **four** ways obesity can affect your work performance.



16. Describe what the Glycaemic Index (GI) is and how it helps control blood sugar levels.



17. Give **three** symptoms of low blood sugar.



18. Explain how your diet can affect each of the following factors.



Factor	How it relates to energy balance
Energy intake	
Weight gain	
Weight loss	

Assessor – record key points from candidate’s verbal answers as accurately and fully as possible.		
These answers were written by:	<input type="checkbox"/> Candidate	<input type="checkbox"/> Assessor



Question Set 3 – Wellbeing – fatigue and stress

These questions are about causes of stress and fatigue and to reduce stress and fatigue .
Use your own words. Your assessor may ask you more questions to check your understanding.

1. What does each of these terms mean?



Term	Meaning
Acute fatigue	
Chronic Fatigue	
Acute stress	
Chronic stress	

2. What are **five** possible causes of fatigue for you as a forestry worker?



3. What are **five** possible causes of stress?



Assessor – record key points from candidate’s verbal answers as accurately and fully as possible.

These answers were written by:

Candidate

Assessor

Question Set 4 – Impairment

These questions are about signs and sources of impairment and the effects of impairment on work performance and safety.

Use your own words. Your assessor may ask you more questions to check your understanding.

1. What are **three** behaviours that may suggest someone is suffering from impairment which is likely to affect their work performance?

2. Name **three** illegal substances.

For each explain **two** ways it can:

- Negatively affect your mind or body.
- Negatively affect your work performance and safety.

Illegal Substance 1	
Two negative effects on my mind or body	
Two negative effects on my work performance and safety	

Illegal Substance 2	
Two negative effects on my mind or body	
Two negative effects on my work performance and safety	
Illegal Substance 3	
Two negative effects on my mind or body	
Two negative effects on my work performance and safety	

3. For each source of impairment, explain **two** ways it can:

- negatively affect your mind or body.
- negatively affect your work performance and safety.



Impairment source	Alcohol
Two negative effects on my mind or body	
Two negative effects on my work performance and safety	
Impairment source	Dehydration
Two negative effects on my mind or body	
Two negative effects on my work performance and safety	

Impairment source	Stress
<p>Two negative effects on my mind or body</p>	
<p>Two negative effects on my work performance and safety</p>	
Impairment source	Fatigue
<p>Two negative effects on my mind or body</p>	
<p>Two negative effects on my work performance and safety</p>	

Impairment source	Poor nutrition
Two negative effects on my mind or body	
Two negative effects on my work performance and safety	
Impairment source	Depression
Two negative effects on my mind or body	
Two negative effects on my work performance and safety	

4. Answer questions 4a – 4b about your worksite procedures for suspected impairment.



a. What should you do if you suspect a workmate is suffering from impairment on the job?

b. Why is it important that you do this?

5. Answer questions 5a – 5d about the Drug and Alcohol Policy in your workplace.
- a. What is the most important rule around alcohol consumption on your worksite?
- b. What are **two** examples of when you could be drug tested on your worksite?
- c. What are **two** possible consequences if you test positive for drugs?
- d. What are **two** reasons why it is important for your worksite to have a Drug and Alcohol policy, and enforce it?

Assessor – record key points from candidate’s verbal answers as accurately and fully as possible.

These answers were written by:

Candidate

Assessor



Question Set 5 – Taking care of yourself

These questions are about ways to attend to personal health matters.

Use your own words. Your assessor may ask you more questions to check your understanding.

1. Identify **three** common minor health conditions that commonly affect forestry workers.

For each, describe how it can affect your work performance.

Minor health condition 1	
How it can affect my work performance	
Minor health condition 2	
How it can affect my work performance	
Minor health condition 3	
How it can affect my work performance	

2. Describe the short-term impacts of sunburn on your work performance and the long-term consequences of sunburn on your health.



Short term impacts on my work performance

Long term consequences on my health

3. What are **three** ways you can protect yourself from sunburn as you work?



4. What are **one** short-term and **one** long-term effect exposure to worksite noise can have on your work performance?

Short term effect

Long term effect

5. What are **two** ways you can protect your hearing in your job?

6. Explain how each factor can minimise impairment and contribute to physical and mental wellbeing.



Factor	How it minimises impairment
Equipment	
Exercise/fitness	
Rest	
Nutrition	
Hydration	
Job technique	

Recreation	
Work/life balance	
Job rotation	

7. Describe how you would protect yourself when working in each of the following conditions. □

Give **two** ways for each.

Conditions	How you would protect yourself
Working in extreme heat	
Working in extreme cold	

8. Describe the short-term impacts unwashed socks would have on your work performance and the long-term consequences unwashed socks would have on your health.

Short term impacts on my work performance

Long term consequences on my health

9. Describe the short-term impacts not washing your hands would have on your work performance and the long-term consequences not washing your hands would have on your health.

Short term impacts on my work performance

Long term consequences on my health

Assessor – record key points from candidate’s verbal answers as accurately and fully as possible.

These answers were written by:

Candidate

Assessor

Assessment result

Post-assessment feedback

Assessor judgement

I, the **assessor**, have reviewed the candidate's evidence for Unit Standard 22994 v4 and judge that it is sufficient and authentic.

I confirm the candidate can competently:

- Demonstrate knowledge of the signs and sources of impairment in forestry workers and the effects of impairment on work performance and safety.
- Explain factors affecting fluid loss for workers in a forestry operation.
- Describe how to maintain adequate hydration in a forestry operation and explain the associated benefits.
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- Describe causes of stress and fatigue in forestry workers and explain ways to reduce stress and fatigue.
- Describe ways to manage general health and wellbeing of forestry workers.

Assessment result

I, the **assessor**, confirm the candidate has **achieved** this unit standard.

Stamp

Signature

Date

Candidate response

I, the **candidate**:

Agree with the assessment result.

Wish to appeal.

Signature

Date