

Model Answers

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.

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.

Unit standard information

Definitions

- *Accepted industry practice* – approved codes of practice and standardised procedures accepted by the wider forestry industry as examples of best practice.
- *Forestry operations* - include forest establishment, silviculture, harvesting, forest inventory, and forest and crew management.
- *Worksite procedures* - refer to documented procedures used by the organisation carrying out the work and applicable to the tasks being carried out. They may include but are not limited to – standard operating procedures, site safety procedures, equipment operating procedures, quality assurance procedures, housekeeping standards, procedures to comply with legislative and local body requirements.

Unit standard evidence map

Unit 22994 v4		Demonstrate knowledge of factors that affect the performance of forestry workers	Level 3	Credits 10
Outcomes and Performance Criteria		Evidence	No.	
Outcome 1: Demonstrate knowledge of the signs and sources of impairment in forestry workers and the effects of impairment on work performance and safety.				
1.1	Behaviours which may indicate a person is suffering from impairment are identified and described.	Question Set 4	1	
1.2	Sources of impairment in forestry workers are identified and explained in terms of how they contribute to impaired behaviours. Range: includes but is not limited to – drugs (illegal and legal), alcohol, dehydration, stress, fatigue, poor nutrition, depression.	Question Set 4	2,3	
1.3	Impairment in forestry workers is described in terms of adverse effects on work performance and safety.	Question Set 4	2,3	
1.4	The action to be taken if a workmate is suspected to be suffering from impairment in the workplace is explained in accordance with worksite procedures and accepted industry practice.	Question Set 4	4a,b	
1.5	Policy related to impairment through the use, misuse, and abuse of substances by an employee is explained in accordance with worksite procedures and accepted industry practice.	Question Set 4	5a-d	
Outcome 2: Explain factors affecting fluid loss for workers in a forestry operation.				
2.1	Forestry operations are described in terms of their impact on fluid loss. Range: operations include – planting, pruning, tree felling, breaking out, machine operating, quality control, plotting, thinning, spot spraying.	Question Set 1	4,5,6	
2.2	Seasonal changes, climatic differences, and temperature extremes are described in terms of their impact on fluid loss.	Question Set 1	6	
2.3	Different rates of fluid loss for non-forestry activities are compared in terms of the amount lost due to physical activity.	Question Set 1	4,5	

	Range: non-forestry activities include – timber grader, rugby player, office worker, truck driver, road cyclist, boxer.		
Outcome 3: Describe how to maintain adequate hydration in a forestry operation, and explain the associated benefits.			
3.1	Physical symptoms of dehydration are described in terms of their effect on performance. Range: evidence of three physical symptoms.	Question Set 1	7
3.2	Benefits of adequate hydration are explained in terms of safety, mental and physical ability.	Question Set 1	1,2,3
3.3	Suitable and unsuitable fluids for hydration in forestry operations are identified in accordance with accepted industry practice. Range: evidence of three suitable and three unsuitable fluid types is required.	Question Set 1	9,10
3.4	Fluid intake frequency, timing, and volume requirements are determined for different work operations and conditions in accordance with accepted industry practice.	Question Set 1	6,8
Outcome 4: Explain the role of diet in maintaining the physical wellbeing of forestry workers.			
4.1	Primary macronutrients are defined in terms of type and energy content. Range: evidence of three primary macro nutrients.	Question Set 2	1,3,5
4.2	Energy balance is explained in terms of daily energy intake, weight gain, and weight loss in accordance with accepted industry practice.	Question Set 2	18
4.3	Obesity is defined and described in terms of potential effects on forestry worker performance.	Question Set 2	14,15
4.4	Foods high in carbohydrate, fat, and protein are identified. Range: evidence of three foods for each macronutrient is required.	Question Set 2	2,4,6
4.5	A healthy diet is defined in terms of the percentage contribution of each macronutrient.	Question Set 2	7,8,9,10
4.6	The glycaemic index is defined and described in terms of its role in helping control blood sugar levels.	Question Set 2	16


4.7	Potential effects of low blood sugar levels on forestry worker performance are identified.	Question Set 2	17
4.8	A workday is planned to ensure energy levels are maintained and a healthy diet is consumed.	Question Set 2	11,12,13
Outcome 5: Describe causes of stress and fatigue in forestry workers, and explain ways to reduce stress and fatigue.			
5.1	Causes of fatigue are identified in terms of the physical nature of work in a forestry operation. Range: may include but is not limited to – sleep deficit, lack of physical fitness, inadequate nutrition, inadequate hydration, medical conditions, environmental factors, insufficient work breaks, travel time to or from work; evidence of five causes of fatigue is required.	Question Set 3	2
5.2	Stress is explained in terms of causes. Range: may include but is not limited to – sleep deficit, medical conditions, financial pressures, family and/or personal issues, job security, work pressures, bullying, harassment; evidence of five causes of stress is required.	Question Set 3	3
5.3	Stress and fatigue are defined in terms of type. Range: acute, chronic.	Question Set 3	1
Outcome 6: Describe ways to manage general health and wellbeing of forestry workers.			
6.1	Factors contributing to physical and mental wellbeing are explained in terms of minimising impairment in a forestry operation. Range: includes but is not limited to – equipment, exercise, strength and fitness, rest and recreation, nutrition, job technique, job rotation, work/life balance.	Question Set 5	6
6.2	Minor conditions common to forestry workers are identified, their potential effects on performance described, and appropriate ways to attend to them identified in accordance with accepted industry practice. Range: may include but is not limited to – cuts, grazes, puncture wounds, blisters, burns, rashes, wet feet, respiratory tract infections, toothache, migraine; evidence of three conditions is required.	Question Set 5	1

6.3	Consequences of sunburn are described in terms of the short-term impact on the candidate's work performance and long-term consequences to the candidate's health.	Question Set 5	2
6.4	Methods of sunburn prevention are identified in terms of those that are suitable for forestry workers.	Question Set 5	3
6.5	Short and long-term consequences of exposure to worksite noise are described in terms of the impact on the candidate's work performance and personal life.	Question Set 5	4
6.6	Methods of hearing protection are described and those suitable for use in forestry operations are identified in accordance accepted industry practice.	Question Set 5	5
6.7	Methods of protection from weather extremes are described and those suitable for use in forestry operations are identified in accordance accepted industry practice.	Question Set 5	7
6.8	Consequences of poor personal hygiene are described in terms of the short-term impact on the candidate's work performance and long-term consequences to the candidate's health. Range: includes but is not limited to – unwashed socks, unwashed hands.	Question Set 5	8,9



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? 

Assessor


This question supports PC 3.2.

Judgement statement

- The candidate gives **two** sound ways that good hydration benefits their physical ability.

Example answers

- Keeps my heart and skin healthy.
- Helps stop me feeling dizzy and getting muscle cramps or headaches.

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

Assessor


This question supports PC 3.2.

Judgement statement

- The candidate gives **two** sound ways that good hydration benefits their mental ability.

Example answers

- Helps me be alert and have better concentration.
- I think clearly and make good decisions.

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

Assessor

This question supports PC 3.2.

Judgement statement

- The candidate gives **two** sound ways that good hydration benefits their safety.

Example answers

- Helps keep me alert to dangers.
- Helps me avoid making stupid or careless mistakes that might cause me or others injury.

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.

Assessor

This question supports PC 2.1, 2.3.

Judgement statement

- The candidate accurately identifies the impact of different forest operations and non-forestry activities on fluid loss, and compares different rates of fluid loss for non-forestry activities in terms of the amount lost due to physical activity.

Example answers

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.

Assessor

This question supports PC 2.1, 2.3.

Judgement statement

- The candidate identifies **six** activities and/or tasks which impact fluid loss for their operation.

Example answer

Weather, physical demands when working on slopes, working through hindrance, activity carrying equipment, long walks to the work area, working in the wind, hot sun, poor air conditioning, bending and lifting.

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)?

Assessor

This question supports PC 2.1, 2.2, 3.4.

Judgement statements

- The candidate describes variations in fluid loss in relation to seasonal changes, climatic differences and temperature extremes.
- It is clear that the candidate knows the volume requirements for fluid in relation to work type and conditions.
- Answers are in accordance with accepted industry practice.

Example answers

Working conditions	You are outside tree felling on a hot summer's day
Effect on fluid loss	I will lose a lot of fluid through sweating and the hard work involved.
How often and much I should drink	At least 5 – 6 litres for the day.
Working conditions	You are pruning on a cold winter's day
Effect on fluid loss	I will not lose a lot of fluid because I won't sweat as much and the work is not hard, physically.
How often and much I should drink	Half a litre every hour.

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

Assessor

This question supports PC 3.1.


Judgement statement

The candidate accurately identifies **three** physical symptoms of dehydration.

Example answers

Symptoms may include but are not limited to:

- Dark, strong smelling urine.
- Dizziness.
- Headaches.
- Muscle cramps.
- Dry mouth.
- Racing heart.

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

Assessor

This question supports PC 3.4.

Judgement statement

The candidate accurately identifies **three** examples of when they should drink fluid in their forestry work.

Example answers

Examples include but are not limited to:

- Before work.
- At every break.
- Every hour while they are working, especially when weather is hot.
- Whenever they feel thirsty or dizzy.
- If they get muscle cramps.

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

Assessor

This question supports PC 3.3.

Judgement statements

- The candidate accurately identifies **three** types of fluid suitable for staying well hydrated in their forestry work.
- Answers are in accordance with accepted industry practice.

Example answers

- Water.
- Sports drinks.
- Diluted fruit juice.

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

Assessor

This question supports PC 3.3.

Judgement statements

- The candidate accurately identifies **three** types of fluid that are not suitable for staying well hydrated in their forestry work.
- Answers are in accordance with accepted industry practice.

Example answers

- Coffee.
- Soft drinks.
- Fruit juice.

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? 

Assessor

This question supports PC 4.1.

Judgement statement

- The candidate accurately describes how their body uses carbohydrates as a source of energy.

Example answer

- Carbohydrates convert to energy for the body quickly. Good carbohydrates have more fibre, minerals and vitamins. You feel full and they give a steady stream of energy and the energy is sustainable.
- However, high sugar carbs will convert to blood sugar or glucose very fast and give a short burst of energy followed by a sugar crash which will leave me tired.

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

Assessor


This question supports PC 4.4.

Judgement statement

- The candidate identifies **three** healthy foods that are high in carbohydrates.

Example answer

- Porridge.
- Fresh fruit.
- Brown rice.
- Wholemeal bread.
- Root vegetables.

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

Assessor


This question supports PC 4.1.

Judgement statement

- The candidate accurately describes how their body converts protein into sustainable energy.

Example answer

Protein is not usually used for energy. However, if the body is not getting enough calories from other nutrients or from the fat stored in the body, protein is used for energy. If more protein is consumed than is needed, the body breaks the protein down and stores its components as fat.

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

Assessor


This question supports PC 4.4.

Judgement statement

- The candidate identifies **three** healthy foods that are high in protein.

Example answers

- Fresh fish.
- Eggs.
- Lean red meat.
- Skinless chicken.
- Tofu.

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

Assessor

This question supports PC 4.1.


Judgement statement

- The candidate accurately describes how their body uses fat as a source of energy.

Example answer

Fat breaks down into fatty acids which can travel in the blood and feed hungry cells. Any fatty acids that are not needed straight away are stored in fat cells for use when needed. It converts to energy slowly so

the body will only use it if it has no carbohydrates left and the body is working hard burning energy.

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

Assessor

This question supports PC 4.4.

Judgement statement

- The candidate identifies **three** healthy foods that are high in fat.

Example answers

- Salmon or other oily fish.
- Almonds.
- Nuts.
- Avocado.
- Olive oil.

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

Assessor


This question supports PC 4.5.

Judgement statement

- The candidate accurately describes how the food pyramid can help them maintain a balanced diet.

Example answer

It shows me clearly how much of each type of food I should eat to have a balanced and healthy diet.

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

Assessor

This question supports PC 4.5.

Judgement statement

- The candidate accurately identifies **three** foods they should eat most of.

Example answers

- Fruit.
- Vegetables.

- Whole grains.

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



Assessor

This question supports PC 4.5.

Judgement statement

- The candidate accurately identifies **three** foods they should eat some of.

Example answers

- Fresh fish.
- Cheese.
- Eggs.

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



Assessor

This question supports PC 4.5.

Judgement statement

- The candidate accurately identifies **three** foods they should eat least.

Example answers

- Junk foods
- Takeaways.
- Foods or drinks high in sugar, salt or saturated and trans fats.

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



Assessor

This question supports PC 4.8.

Judgement statement

- The candidate gives **two** ways how skipping breakfast can affect their performance at work.

Example answers

1. Breakfast is the most important meal of the day. If I skip breakfast I am relying on energy from the day before and will tire fairly fast.
2. I may start to lose concentration and feeling hungry may distract me from doing my job properly.

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

Assessor

This question supports PC 4.8.

Judgement statement

- The candidate explains why eating at break times is important.

Example answer

To replace the energy I used and keep me going until the next break.

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

Assessor

This question supports PC 4.8.

Judgement statement

- The candidate explains why it is important to have a healthy dinner at the end of the day.

Example answer

- Dinner is my main recovery meal each day. It helps my body repair and refuel.
- Protein at dinner will help build and repair my muscles.

14. Define what is meant by obesity. 

Assessor

This question supports PC 4.3.

Judgement statement

- The candidate correctly describes what is meant by obesity.

Example answers

The term obese describes a person who's very overweight, with a lot of body fat. If you are obese, it can impact your performance at work.

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



Assessor

This question supports PC 4.3.

Judgement statement

The candidate correctly describes **four** ways obesity can affect their work performance.

Example answers

- Lower strength.
- Extra body weight affects the way muscles work.
- Increased discomfort.
- Breathing problems.
- Higher absenteeism.

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



Assessor

This question supports PC 4.6.

Judgement statement

The candidate correctly describes the glycaemic index and how it helps control blood sugar levels.

Example answer

The glycaemic index tells us whether a food raises blood glucose levels quickly, moderately or slowly. It is helpful to manage diabetes.

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



Assessor

This question supports PC 4.7.

Judgement statement

The candidate identifies **three** symptoms of low blood sugar.

Example answers

- Fatigue.
- Anxiety.
- Irritability.

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



Assessor

This question supports PC 4.2.

Judgement statement

The candidate explains how diet affects each factor.

Example answers

Factor	How it relates to energy balance
Energy intake	This is the number of calories you put into your body. The more you eat, the higher the energy intake will be.
Weight gain	If the number of calories you put into your body each day is more than the number of calories you burn each day, then this can lead to weight gain.
Weight loss	If you burn more calories than the number of calories you put into your body, then this could lead to weight loss.

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

These answers were written by:

Candidate

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? 

Assessor


This question supports PC 5.3.

Judgement statement

The candidate correctly defines each of the terms listed.

Example answers

Factor	How it relates to energy balance
Acute fatigue	Extreme tiredness and/or mental, physical, emotional or financial pressure over a short period of time. For example, by staying up too late one night.
Chronic Fatigue	Extreme tiredness and/or mental, physical, emotional or financial pressure over a long period of time, e.g. ongoing sickness or debts.
Acute stress	Extreme mental, physical, emotional or financial pressure over a short period of time. For example, by staying up too late one night.
Chronic stress	Extreme mental, physical, emotional or financial pressure over a long period of time, e.g. ongoing sickness or debts.

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

Assessor

This question supports PC 5.1.

Judgement statement

The candidate correctly identifies **five** possible causes of fatigue for them as a forestry worker, in terms of the physical nature of the work.

Example answers

- Sleep deficit.
- Lack of physical fitness.
- Inadequate nutrition.
- Inadequate hydration.
- Medical conditions.
- Environmental factors.
- Insufficient work breaks.
- Travel time to or from work.

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



Assessor

This question supports PC 5.2.

Judgement statement

The candidate correctly identifies **five** possible causes of stress.

Example answers

- Sleep deficit.
- Medical conditions (e.g. chronic illness such as diabetes, anaemia or heart disease).
- Financial pressures.
- Family issues.
- Job security.
- Work pressures.
- Bullying.
- Harassment.

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? 

Assessor


This question supports PC 1.1.

Judgement statement

- The candidate correctly identifies **three** signs (behaviours) that might mean that someone is suffering from impairment.

Example answers

- Sudden mood swings.
- Noticeable change from normal behaviour e.g. absenteeism.
- Bloodshot eyes / dilated pupils.

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.

Assessor

This question supports PC 1.2, 1.3.

Judgement statements

- The candidate correctly identifies **three** illegal substances.
- The candidate explains **two** ways each substance named can negatively affect their mind or body.
- The candidate explains **two** ways each substance named can negatively affect their work performance and safety.

Example answers

Illegal Substance 1	Cannabis
Two negative effects on my mind or body	<ul style="list-style-type: none">• Loss of coordination.• Memory loss.

Two negative effects on my work performance and safety	<ul style="list-style-type: none"> Poor concentration and bad decisions. Slow reactions in emergency situations.
Illegal Substance 2	Methamphetamine
Two negative effects on my mind or body	<ul style="list-style-type: none"> Mood swings. Weight loss.
Two negative effects on my work performance and safety	<ul style="list-style-type: none"> Not trusting other crew members. Short attention span /easily distracted.
Illegal Substance 3	LSD
Two negative effects on my mind or body	<ul style="list-style-type: none"> Blurred vision. Hallucinations.
Two negative effects on my work performance and safety	<ul style="list-style-type: none"> Less care taken with work. Danger in working because of vision disturbances.

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

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



Assessor

This question supports PC 1.2, 1.3.


Judgement statements

- The candidate explains **two** ways each impairment source can negatively affect their mind or body.
- The candidate explains **two** ways each impairment source can negatively affect their work performance and safety.

Example answers

Impairment source	Alcohol
Two negative effects on my mind or body	<ul style="list-style-type: none"> Affects coordination. Hung over. Sleepy.
Two negative effects on my work	<ul style="list-style-type: none"> Less alert. Slow reaction in emergency situation.

performance and safety	
Impairment source	Dehydration
Two negative effects on my mind or body	<ul style="list-style-type: none"> • Dizziness. • Headaches.
Two negative effects on my work performance and safety	<ul style="list-style-type: none"> • Lack of concentration. • Makes bad decisions.
Impairment source	Stress
Two negative effects on my mind or body	<ul style="list-style-type: none"> • High blood pressure. • Heart disease.
Two negative effects on my work performance and safety	<ul style="list-style-type: none"> • Lack of concentration. • Slow reaction time.
Impairment source	Fatigue
Two negative effects on my mind or body	<ul style="list-style-type: none"> • Blurred vision. • Irritable.
Two negative effects on my work performance and safety	<ul style="list-style-type: none"> • Forgetfulness. • Increased risk of injury to themselves or others due to poor decision making.
Impairment source	Poor nutrition
Two negative effects on my mind or body	<ul style="list-style-type: none"> • Heart disease. • Diabetes.
Two negative effects on my work performance and safety	<ul style="list-style-type: none"> • Lack of energy to work. • Makes bad decisions that could affect safety of themselves and others.
Impairment source	Depression
Two negative effects on my mind or body	<ul style="list-style-type: none"> • Can affect immune system. • Increases risk of diseases.
Two negative effects on my work performance and safety	<ul style="list-style-type: none"> • More change of having an accident. • Higher rate of absenteeism.

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

Assessor

This question supports PC 1.4.

Judgement statements

- The candidate correctly explains the action they should take if they suspect a workmate is suffering from impairment in their workplace.
- The candidate explains why it is important that they take the action they described, if they suspect a workmate is suffering from impairment in their workplace.
- Answers are in accordance with the accepted industry practice and worksite procedures.

Example answers

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

Report it immediately to my supervisor and make sure the workmate is out of harms way.

- b. Why is it important that you do this?

Because we are responsible to each other for our safety and if someone is suffering impairment it may impair their judgment and put others at risk, including myself.

5. Answer questions 5a – 5d about the Drug and Alcohol Policy in your workplace. 

Assessor

This question supports PC 1.5.

Judgement statements

- The candidate correctly identifies the most important rule around alcohol consumption on their worksite.
- The candidate correctly identifies when they could be drug tested on their worksite.
- The candidate correctly describes the consequences if they tested positive for drugs on their worksite.
- The candidate explains (gives sound reasons) why it is important that their worksite has, and enforces a drug and alcohol policy.
 - o Reasons may include but are not limited to: ensuring the safety of workers and their crew members, obeying the law, observing health and safety regulations, maintaining productivity.
- Answers are in accordance with the accepted industry practice and worksite procedures.

Example answers

- a. What is the most important rule around alcohol consumption on your worksite?

No alcohol can be drunk before or during work. Excessive drinking the night before can still test positive the next day.

- b. What are **two** examples of when you could be drug tested on your worksite?

If I am suspected of being under the influence of a substance.

Random testing.

- c. What are **two** possible consequences if you test positive for drugs?

I could be stood down from work.

I may have to take part in a drug and alcohol rehabilitation programme.

- d. What are **two** reasons why it is important for your worksite to have a Drug and Alcohol policy, and enforce it?

The company has to follow health and safety regulations or be shut down.

Keep workers safe.

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.

Assessor

This question supports PC 6.2.

Judgement statements

- The candidate correctly identifies **three** minor health conditions that commonly affect forestry workers.


Minor health conditions include but are not limited to: cuts, grazes, puncture wounds, blisters, burns, rashes, wet feet, respiratory tract infections, toothache, migraine.

- For each condition named, the candidate correctly describes how it can affect their work performance.

- Answers are in accordance with accepted industry practice.

Example answer (1 of 3 required)

Minor health condition 1	Blisters
How it can affect my work performance	I can get blisters on my hands or feet from not wearing gloves or having badly fitting, wet or new boots that haven't been broken in. If that happens I can't grip things properly or may be limping and unable to move quickly. This means that I get less done and also I'm more at risk of injury or time off work.

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

Assessor

This question supports PC 6.3.

Judgement statements

- The candidate correctly identifies short-term impacts on their work performance, and long-term consequences of sunburn.

- Short-term effects include but are not limited to: blisters, peeling, feeling feverish, getting dehydrated and feeling woozy or fainting.

- Long-term effects include but are not limited to: wrinkles and dry leathery skin, skin cancer leading to surgery, chemotherapy or death.

Example answers

Short term impacts on my work performance

- I get blisters, fever and feel dehydrated or woozy from sunstroke. I may have to stop work for a while.

Long term consequences on my health

- I can get wrinkles and dry leathery skin, in the worst case, I can get skin cancer, which might need surgery or chemotherapy. I might even die.

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

Assessor

This question supports PC 6.4.

Judgement statement

- The candidate correctly identifies **three** ways suitable to protect themselves from sunburn as they work.

Methods of protecting themselves from sunburn include but are not limited to: using sunscreen, wearing a hat, wearing sun-protective clothing, getting into shade whenever they can, wearing wrap-around sunglasses

Example answers

- Getting under shade whenever I can.
- Using sunscreen on all my exposed skin.
- Wearing wrap-around sunglasses.

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

Assessor

This question supports PC 6.5.

Judgement statement

- The candidate correctly describes **one** short term and **one** long term effect exposure to worksite noise can have on their work performance.

Example answers

Short term

I can get temporary damage to hearing or ringing in the ears (tinnitus) so that I don't hear instructions clearly and there may be mistakes or accidents.

Long term

I can get permanent damage to hearing which could lead to loss of job.

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



Assessor

This question supports PC 6.6.

Judgement statement

- The candidate correctly describes **two** ways suitable for use in forestry operations that can protect their hearing on the job.
- Answer is in accordance with acceptance industry practice.

Example answers

- Wearing ear plugs.
- Wearing at least Grade 4 earmuffs – Grade 5 if I am using a chainsaw.

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



Assessor

This question supports PC 6.1.


Judgement statement

- The candidate correctly explains how each factor can minimise impairment and contribute to physical and mental wellbeing.

Example answers

Factor	How it minimises impairment
Equipment	Use the right equipment for the job. Using the wrong equipment for the job, or equipment that is broken or poorly maintained is not only dangerous, but also makes work more difficult and tiring.
Exercise/fitness	Be fit for your job. Even with reasonable fitness it takes about three weeks for your body to get used to physical demands of forestry work. If you have been away on holiday you will also need some time to regain your work fitness. Remember to stretch your muscles.
Rest	Sleep well.

	Try and get rid of noise, try not to have too much caffeine, sugar or alcohol before bed. Try going to bed at the same time every night.
Nutrition	Eat well. Ensure you have a healthy diet. Food is where you get the energy you need to keep strong and alert all day. The body needs a mixture of foods to function properly.
Hydration	Drink well. Ensure you have enough fluids depending on the work you are doing. Make sure fluids are low in sugar. Running low on fluid can affect your body and brain.
Job technique	Using the right technique means that you are working efficiently and making the job as easy for yourself as you can. Take time to learn skills properly and to do the job without extra effort.
Recreation	Spending time doing something you really enjoy can be a great way of re-energising yourself and also motivating you in life.
Work/life balance	Having a good balance between spending time at work or thinking about work and spending time with family and loved ones can be good to help you manage stress and worry.
Job rotation	Swapping through different jobs allows you to learn new things and also helps your muscles to not get overused.

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

Give **two** ways for each.

Assessor

This question supports PC 6.7.

Judgement statements

- The candidate correctly describes **two** ways of protecting themselves when working in each of the weather conditions.
- Answer is in accordance with acceptance industry practice.

Example answers

Conditions	How you would protect yourself
Working in extreme heat	<ul style="list-style-type: none"> • Do the heaviest work in the coolest hours.

	<ul style="list-style-type: none"> • Drinking water regularly. • Take your rest periods as scheduled.
Working in extreme cold	<ul style="list-style-type: none"> • Eat regularly. • Wear adequate clothing.

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.

Assessor

This question supports PC 6.8.

Judgement statement

- The candidate correctly describes the short-term impacts on their work performance, and long-term consequences of unwashed socks.

Example answers

Short term impacts on my work performance
<ul style="list-style-type: none"> • I get bacterial infections like athletes' foot and skin injuries. I may have to stop work for a while.
Long term consequences on my health
<ul style="list-style-type: none"> • In some cases the original affected area can be infected with bacteria. This can lead to cellulitis, leaving the skin red, hot and swollen. It can also reach the lymph system causing an infection of the lymph vessels and lymph nodes.

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.

Assessor

This question supports PC 6.8.

Judgement statement

- The candidate correctly describes the short-term impacts on their work performance, and long-term consequences of not washing their hands.

Example answers

Short term impacts on my work performance
<ul style="list-style-type: none"> • If I don't wash my hands I will get sick more often and rely on antibiotics. This may cause me to have to stop work for a while.

Long term consequences on my health

- Getting sick too often contributes to antibiotic resistance which can be a serious problem if I get a bacterial infection.

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

These answers were written by:

Candidate

Assessor