Australian Government

Assessment Requirements for SIRXHWB001 Maintain personal health and wellbeing

Release: 1

Assessment Requirements for SIRXHWB001 Maintain personal health and wellbeing

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- undertake assessment of self and workplace to determine:
  - workplace stressors
  - causes of fatigue
  - work-life balance priorities
- develop and document a personal health and wellbeing plan that outlines techniques for:
  - achieving work-life balance
  - reducing fatigue
  - building resilience
  - maintaining stamina
- implement the above plan demonstrating techniques for improved health and wellbeing as listed in the plan.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- workplace causes and impacts to self of:
  - stress
  - fatigue
  - reduced resilience
- techniques for:
  - identifying personal stressors
  - responding to personal stressors
  - maintaining stamina
  - building resilience
  - achieving work-life balance
  - monitoring personal health and wellbeing
- health and wellbeing and its role in contributing to overall personal health
- role of work-life balance in maintaining personal health and wellbeing

- internal and external sources of support and assistance relevant to workplace health and wellbeing.

Assessment Conditions

Skills must be demonstrated in:

- an industry workplace
- a simulated industry environment.

Assessment must ensure access to:

- sources of information on workplace health and wellbeing
- personal health and wellbeing plans.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors.

Links

Companion Volume implementation guides are found in VETNet - https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ca051b1b-5101-4ec2-ac1c-49699303188d