



**Australian Government**

# **SIRXHWB001 Maintain personal health and wellbeing**

**Release: 1**

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## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to maintain personal health and wellbeing by implementing techniques that facilitate improved workplace health and wellbeing, and work-life balance.

It applies to individuals at all levels working in frontline roles in a diverse range of industry sectors and business contexts. It particularly applies to work environments where customer contact is high and work pressures vary.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

## Pre-requisite Unit

Nil

## Competency Field

Health and Wellbeing

## Unit Sector

Cross-Sector

## Elements and Performance Criteria

### ELEMENTS

Elements describe the essential outcomes.

1. Maintain personal stamina and resilience.
2. Minimise workplace stressors.

### PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Identify sources of workplace fatigue that impact stamina and resilience.
- 1.2. Adopt work routines and process that limit fatigue particularly in peak periods of trade.
- 1.3. Implement techniques to build workplace stamina and resilience.
- 2.1. Identify causes of stress in the workplace.
- 2.2. Implement strategies to effectively respond to and minimise personal stressors.

3. Maintain work-life balance.
  - 3.1. Identify work-life balance priorities.
  - 3.2. Implement techniques to support desired work-life balance.
  - 3.3. Adopt techniques to effectively transition from work to personal life at end of shift.
  - 3.4. Prioritise personal health and wellbeing to ensure personal health is maintained.

## Foundation Skills

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

## Unit Mapping Information

No equivalent unit.

## Links

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