



Australian Government

AHCSHG218 Maintain own health to promote personal wellbeing in the wool harvesting industry

Release: 1

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Modification History

Release	Comments
Release 1	This version released with AHC Agriculture, Horticulture and Conservation and Land Management Training Package Release 11.0.

Application

This unit of competency describes the skills and knowledge required to maintain own health to support personal wellbeing to work effectively in the wool harvesting industry.

This unit applies to individuals who work under general supervision and exercise limited autonomy with some accountability for their own work.

All work must be carried out to comply with workplace procedures according to state/territory health and safety and animal welfare regulations, legislation and standards that apply to the workplace.

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

Pre-requisite Unit

Nil

Unit Sector

Shearing (SHG)

Elements and Performance Criteria

Elements	Performance Criteria
Elements describe the essential outcomes.	Performance criteria describe the performance needed to demonstrate achievement of the element.
1. Interpret information on substance misuse harms	1.1 Source reliable information on commonly used substances within the community 1.2 Identify common substance misuse harms and adverse impacts on health and wellbeing for individuals, families and workplaces

Elements	Performance Criteria
Elements describe the essential outcomes.	Performance criteria describe the performance needed to demonstrate achievement of the element.
	1.3 Recognise common warning signs and symptoms of substance misuse 1.4 Identify workplace, industry and community resources to address harmful substance misuse
2. Interpret information on gambling harms	2.1 Use reliable information to identify common types of gambling 2.2 Identify gambling harms and adverse impacts on health and wellbeing for individuals, families and workplaces 2.3 Recognise common warning signs and symptoms of harmful gambling 2.4 Identify workplace, industry and community resources to address harmful gambling
3. Set personal health goals to support wellbeing to work effectively in the workplace	3.1 Identify the job and workplace duties required to work effectively in a wool harvesting environment 3.2 Identify own reasons for maintaining health to support wellbeing and fulfill job and workplace duties 3.3 Identify how harmful substances and practices can impact negatively upon the fulfillment of job and workplace duties 3.4 Determine personal health requirements and select goals to support wellbeing and fulfill job and workplace duties

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.

Skill	Description
Oral communication	Use listening, deciphering and questioning skills to absorb information about the wool harvesting workplace, and substance and gambling harms

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
AHCSHG218 Maintain own health to promote personal wellbeing in the wool harvesting industry	Not applicable	Based on and informed by the Victorian unit VU22877 Apply self management skills to maintain own health and wellbeing in the shearing industry	Newly created unit

Links

Companion Volumes, including Implementation Guides, are available at VETNet: -
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=c6399549-9c62-4a5e-bf1a-524b2322cf72>

Assessment Requirements for AHCSHG218 Maintain own health to promote personal wellbeing in the wool harvesting industry

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Performance Evidence

An individual demonstrating competency must satisfy all of the elements and performance criteria in this unit.

There must be evidence that the individual has:

- identified one common warning sign of substance misuse and one common warning sign of problem gambling, in a workplace setting
- identified two common substance misuses and two problem gambling adverse impacts in a workplace
- selected three personal health goals to fulfill wool harvesting duties.

Knowledge Evidence

An individual must be able to demonstrate the knowledge required to perform the tasks outlined in the elements and performance criteria of this unit. This includes knowledge of:

- commonly used substances in the community, including:
 - alcohol
 - illegal drugs
 - over-the-counter and prescription drugs
 - tobacco, vapes
 - caffeine
- personal and workplace factors contributing to harmful substance misuse
- adverse impacts of substance misuse on the workplace
- problem gambling behaviours and common types of gambling in the community
- health requirements appropriate to the workplace to support wellbeing, including:
 - good hydration, nutrition and rest periods
 - mental and emotional needs
- reasons for maintaining health to support wellbeing, including:
 - maintaining a positive attitude
 - conducting work activity in a safe manner

- preventing physical and mental exhaustion
- work-life balance
- financial needs
- wool harvesting workplace duties, including:
 - crutching sheep
 - shearing sheep
 - wool handling
- animal welfare principles and practices, relevant to wool harvesting duties
- reliable resources and support services available to address harmful substance misuse and problem gambling, including:
 - within the organisation
 - external community, medical and emergency support.

Assessment Conditions

Assessment of the skills in this unit of competency must take place under the following conditions:

- physical conditions:
 - skills must be demonstrated in a workplace setting or an environment that accurately represents workplace conditions
- resources, equipment and materials:
 - information about job and workplace duties
 - reliable information on substance misuse and problem gambling
- relationships:
 - team members.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational education and training legislation, frameworks and/or standards.

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