



Australian Government

DEFSUR005 Maintain physical and emotional health and fitness in a survival environment

Release: 1

DEFSUR005 Maintain physical and emotional health and fitness in a survival environment

Modification History

Release	Comments
1	This unit was released in DEF Defence Training Package release 1.0 and meets the Standards for Training Packages. This unit supersedes and is equivalent to DEFSU005B Maintain physical and emotional health and fitness in a survival environment. • Unit code updated • Content and formatting updated to comply with new standards • All PC transitioned from passive to active voice

Application

This unit describes the skills required to demonstrate the personal qualities of resilience and resoluteness under the hardships that must be endured to survive at the individual level, as well as the interpersonal skills to optimise the survival opportunities of the team. This unit also includes the discipline to ration food and water despite constant hunger and thirst, and to undertake arduous tasks despite increasing levels of fatigue and the diminishing potential of rescue. Individuals must demonstrate a robust standard of physical health and a meticulous attitude to personal safety and hygiene.

This unit was developed for Defence personnel but may be relevant to others.

The skills and knowledge described in this unit must be applied within the legislative, regulatory and policy environment in which they are carried out. Organisational policies and procedures must be consulted and adhered to.

Those undertaking this unit would act autonomously, while performing concrete tasks, in a broad range of contexts which may be highly unpredictable.

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

Competency Field

Survival

Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
Elements describe the essential outcomes	Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the range of conditions section.
1. Maintain personal health and safety	1.1 Minimise threats of disease, distraction and discomfort. 1.2 Minimise threats posed by exposure to the sun. 1.3 Handle equipment safely to prevent cuts. 1.4 Immediately treat injuries such as cuts and burns. 1.5 Take opportunities to improve personal hygiene, including cleaning teeth, grooming, washing skin and clothes.
2. Maintain a healthy and safe environment	2.1 Treat fire with respect to prevent injury or ignition of campsite and surrounds. 2.2 Establish latrine and slaughter areas away from the camp area to prevent disease and attraction of disease carriers. 2.3 Clear camp area of rubbish and food scraps to prevent disease and attraction of disease carriers. 2.4 Maintain safe distances from potential animal dangers.
3. Optimise the chances of survival	3.1 Maintain a positive and proactive attitude towards the survival situation by constantly reinforcing the goal of rescue. 3.2 Contain personal fears and tensions and avoid allowing them to impact on others. 3.3 Provide positive and constructive input to the group to support agreement on the survival tasks and the priority and manner in which they will be conducted to maximise outcomes and minimise energy expenditure. 3.4 Accept and undertake survival tasks allocated by the team. 3.5 Consume available resources, as rationed by the team. 3.6 Identify signs of concern in others and provide reassurance accordingly to prevent deterioration of the individual and/or the group.

Foundation Skills

The foundation skills demands of this unit have been mapped for alignment with the Australian Core Skills Framework (ACSF). The following tables outline the performance levels indicated for successful attainment of the unit.

ACSF levels indicative of performance:

1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Learning					Reading N/A					Writing N/A					Oral communication					Numeracy N/A				

Performance variables

1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Support					Context					Text complexity					Task complexity				

Further information on ACSF and the foundation skills underpinning this unit can be found in the Foundation Skills Guide on the GSA website.

Unit Mapping Information

This unit supersedes and is equivalent to DEFSU005B Maintain physical and emotional health and fitness in a survival environment.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=6bdbab1e-11ed-4bc9-9cba-9e1a55d4e4a9>

Companion Volume implementation guides are found in VETNet -

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Assessment Requirements for DEFSUR005 Maintain physical and emotional health and fitness in a survival environment

Modification History

Release	Comments
1	These Assessment Requirements were released in DEF Defence Training Package release 1.0 and meet the Standards for Training Packages. Assessment Requirements created drawing upon specified assessment information from superseded unit

Performance Evidence

Evidence required to demonstrate competence must satisfy all of the requirements of the elements and performance criteria. If not otherwise specified the candidate must demonstrate evidence of performance of the following on at least one occasion.

- maintaining personal health and fitness by cleaning and treating minor injuries
- maintaining a positive attitude

Knowledge Evidence

Evidence required to demonstrate competence must satisfy all of the requirements of the elements and performance criteria. If not otherwise specified the depth of knowledge demonstrated must be appropriate to the job context of the candidate.

- factors impacting on stress and personal health and fitness
- fire safety
- health and hygiene
- natural remedies provided by plant material
- safety in a survival situation

Assessment Conditions

Competency must be assessed in a simulated workplace environment (with access to a suitable assessment area), and in a team.

Consideration must be given to holistic assessment with other survival units.

While a person can demonstrate the ability to maintain physical and emotional health and fitness, doing so in a survival situation is crucial. Assessment under simulated survival conditions includes:

- food restrictions
- absence of normal living conditions and amenities
- significant period of time

Refer to advice in the companion volumes.

Assessors must satisfy the NVR/AQTF mandatory competency requirements for assessors.

Links

Companion Volume implementation guides are found in VETNet -

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