



Australian Government

DEFSU005B Maintain physical and emotional health and fitness in a survival environment

Release: 2

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Modification History

Release	TP Version	Comments
2	DEF12V2	Layout adjusted. No changes to content.
1	DEF12V1	Primary release.

Unit Descriptor

This unit covers the competency 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.

Application of the Unit

As agreed in the creation of this Training Package, applications for units transferred from the PUA00 Public Safety Training Package will be developed as part of continuous improvement plans, and taking into account the change in Unit of Competency format as detailed in templates for Streamlined Training Packages.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a Unit of Competency.

Performance Criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the Range Statement. Assessment of performance is to be consistent with the Evidence Guide.

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1. Maintain personal health and safety	1.1 <i>Threats of disease, distraction and discomfort</i> are <i>minimised</i> 1.2 <i>Threats posed by exposure to the sun</i> are <i>minimised</i> 1.3 <i>Equipment</i> is handled with meticulous safety to prevent cuts 1.4 <i>Injuries</i> are immediately <i>treated</i> 1.5 <i>Opportunities to improve personal hygiene</i> are taken
2. Maintain a healthy and safe environment	2.1 Fire is treated with respect to prevent injury or ignition of camp-site and surrounds 2.2 Latrine and slaughter areas are established away from the camp area to prevent disease and attraction of disease carriers 2.3 Camp area is cleaned of rubbish and food scraps to prevent disease and attraction of disease carriers 2.4 Safe distances are maintained from <i>potential animal dangers</i>
3. Optimise the chances of survival	3.1 A positive and proactive attitude is maintained towards the survival situation, and the goal of rescue is constantly reinforced 3.2 Personal fears and tensions are contained and not allowed to impact on others 3.3 Positive and constructive input is provided to the group to support agreement on the survival tasks, their priority and manner in which they will be conducted to maximise outcomes and minimise energy 3.4 Survival tasks allocated by the team are accepted and undertaken 3.5 Only <i>available resources</i>, as rationed by the team, are consumed 3.6 Signs of concern in others are identified and reassurance is provided to prevent deterioration of the individual and/or the group

Required Skills and Knowledge

This describes the essential skills and knowledge and their level, required for this unit.

Required Skills

- apply natural remedies
- clean and treat minor injuries (e.g. cuts and burns)
- maintain personal health and fitness
- team work

Required Knowledge

- factors impacting on stress and personal health and fitness
- first aid
- fire safety
- health and hygiene
- natural remedies provided by plant material
- safety awareness
- team dynamics and the impact on work performance

Evidence Guide

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Assessment must confirm the ability to maintain a positive attitude; to work as part of a team; to maintain health and safety consistent with the threats to health posed by the environment; and to maintain physical health and fitness while experiencing the following over a significant period:

- food restrictions
- the absence of normal living conditions and amenities
- personal discomfort and fatigue

Consistency in performance

Competency should be demonstrated over time in a range of situations that could be expected in a survival situation.

Context of and specific resources for assessment

Context of assessment

Competency must be assessed in a simulated workplace environment.

While a person can demonstrate the ability to maintain physical and emotional health and fitness, doing so in a survival situation is crucial; consequently it is strongly recommended that holistic assessment be conducted with other associated survival units.

Assessment under simulated survival conditions must include:

- food restrictions (food should be restricted to half the recommended daily caloric intake)
- the absence of normal living conditions and amenities such as showers, beds and bedding (warmth to be provided by fire), kitchens etc. with the attendant levels of personal discomfort and fatigue
- a significant period of time - the recommendation is four days.

Specific resources for assessment

Access to suitable assessment area.

Range Statement

The Range Statement relates to the Unit of Competency as a whole. It allows for different work environments and situations that may affect performance. ***Bold italicised*** wording in the Performance Criteria is detailed below.

<i>Threats of disease, distraction and discomfort</i> may be posed by:	• Insects • Mosquitos
<i>Minimising threats of disease, distraction and discomfort</i> may include:	• Keeping covered during high risk periods • Maintaining hygiene • Using improvised repellents such as burning: • citroenella, camphor and eucalypts • herbivore dung • pungent vegetation
<i>Minimising threats posed by the sun</i> may include:	• Avoiding unnecessary exposure • Keeping covered during peak periods
<i>Equipment</i> may include:	• Cooking utensils • Knives • Weapons
<i>Injuries</i> may include:	• Burns • Cuts
<i>Treating injuries</i> may include:	• Cleaning • Regularly checking for infection • Using available medical supplies effectively • Using natural remedies provided by plant material where necessary
<i>Opportunities to improve personal hygiene</i> include:	• Cleaning teeth • Grooming • Washing skin and clothes
<i>Potential animal dangers</i> may include:	• Animal tracks • Proximity to estuaries
<i>Available resources</i> may include:	• Food • Medical supplies • Water

Unit Sector(s)

Not applicable.