



Australian Government

SIRXHWB001 Maintain personal health and wellbeing

Release: 1

SIRXHWB001 Maintain personal health and wellbeing

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>

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.

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