Modification history

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| Release | Comments |
| Release 1 | This version released with AHC Agriculture, Horticulture and Conservation and Land Management raining Package Version 11.0 |

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| AHCSHG2X08 | Apply self-management skills to maintain own health and support wellbeing in the shearing and wool harvesting industry  |
| Application | This unit of competency describes the skills and knowledge required to maintain own health to support wellbeing in the shearing and 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 and standards, and state/territory health and safety regulations, animal welfare and biosecurity legislation and codes of practice, and sustainability practices.No licensing, legislative or certification requirements are known to apply to this unit at the time of publication. |
| Unit Sector | Shearing (SHG) |

| Elements | Performance Criteria |
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| Elements describe the essential outcomes. | Performance criteria describe the performance needed to demonstrate achievement of the element. |
| 1. Interpret information on substance use harms | 1.1 Source reliable information on commonly used substances within the community1.2 Identify common substance use harms and adverse impacts on health and wellbeing for individuals, families and workplaces1.3 Recognise common warning signs and symptoms of substance use according to legislative, industry and workplace requirements1.4 Identify workplace, industry and community resources to address harmful substance use  |
| 2. Interpret information on gambling harm | 2.1 Identify reliable information on problem gambling2.2 Define risky and problem gambling and common types of gambling available within the community2.3 Identify gambling harm and adverse impacts on health and wellbeing for individuals, families and workplace requirements 2.4 Recognise common warning signs and symptoms of harmful gambling and identify duty of care to self and others according to legislative, industry and workplace requirements2.5 Identify workplace, industry and community resources to address harmful gambling  |
| 3 Manage own health to support wellbeing in a shearing and wool harvesting workplace | 3.1 Identify the workplace requirements to work effectively in the shearing and wool harvesting industry, including physical and mental health demands3.2 Identify reasons for maintaining health to support wellbeing3.3 Identify adverse impacts of substance use and problems gambling upon workplace shearing or wool harvesting duties 3.4 Determine health requirements and select own goals to support wellbeing to fulfill workplace shearing and wool harvesting duties3.5 Identify available resources and support services available to address harmful substance use and risky gambling problems |

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| Foundation SkillsThis 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 shearing and wool harvesting workplace, substance abuse and problem gambling
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| Unit Mapping Information |
| Code and title current version | Code and title previous version | Comments | Equivalence status |
| AHCSHG2X08 Apply self-management skills to maintain own health and well-being in the shearing and 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 |

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| Links | Companion Volumes, including Implementation Guides, are available at VETNet: https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=c6399549-9c62-4a5e-bf1a-524b2322cf72 |
| TITLE | Assessment requirements for AHCSHG2X08 Apply self-management skills to maintain own health and well-being in the shearing and wool harvesting industry |
| 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 three common warning signs of gambling, and substance use on work performance in a shearing and wool harvesting workplace
* identified two common substance use and two problem gambling adverse impacts in a shearing and wool harvesting workplace
* selected three goals for own health requirements to support wellbeing and fulfill job requirements in a shearing and wool harvesting workplace.
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| 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:

alcoholillegal drugsover the counter and prescription drugstobacco, vapescaffeine* personal and workplace factors contributing to harmful substance use
* adverse impacts of substance use, including:
* short-term and long-term brain damage
* overdose/death
* dependency/addiction
* coma
* increased risk of disease
* organ damage
* genetic variation on possible effect
* mental health problems
* personal relationship issues
* work and financial problems
* common warning signs and symptoms of substance use, including:
* blackouts
* behaviour change
* impaired judgement
* dangerous risk taking
* slurred speech
* nausea/vomiting
* aggression
	+ risky and problem gambling behaviours and common types of gambling in the community
	+ personal and workplace factors contributing to risky and problem gambling
* warning signs and symptoms of risky and problem gambling, including:
* financial harm
* reduced work/study performance
* absenteeism
* emotional and psychological harm
* conflict within relationships
* behaviour change
* neglect of responsibilities
* stress/ depression
	+ shearing or wool harvesting workplace duties, including:
* crutching
* shearing sheep
* shed duties
* health requirements to support wellbeing, including:
* warm up exercises
* back, shoulder, leg, arm and abdomen stretches
* good hydration, nutrition and rest periods
* mental alertness
* reasons for maintaining health to support wellbeing, including:
* maintaining a positive attitude
* conducting work activity in a safe manner
* preventing physical and mental exhaustion
* health goals to support wellbeing, including:
* work life balance
* physical exercise, diet and nutrition
* mental and emotional
* available resources and support services, to address harmful substance use and risky gambling problems including:
* within the organisation, including employee assistance program
* external community, medical and emergency support.
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| 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 shed duties in the shearing and wool harvesting industry reliable information on substance abuse, risky gambling and shearing duties* relationships:

wool harvesting team memberssheep.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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