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

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| 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, substance and gambling harms |

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| Unit Mapping Information | | | |
| Code and title current version | Code and title previous version | Comments | Equivalence status |
| AHCSHG2X08 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 |

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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 |

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| TITLE | Assessment requirements for AHCSHG2X08 Maintain own health to promote personal wellbeing in the 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 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. | |

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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:   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. |

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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 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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