

The purpose of this assessment is to determine your current core skills levels, (learning, reading, writing, speaking, listening and numeracy) and, identify any areas where further support may be beneficial to help you successfully complete the training and assessment for the course below.

You will be required to complete a series of short activities that demonstrate the core skills that are necessary for successful performance in this unit of competency.

These activities do not form part of the assessment process and shall not be counted towards your performance in this unit of competency.

The outcome of these activities shall be used to identify any possible skill gaps and develop a support plan (where necessary) to help you obtain the skills required to demonstrate the required competencies and perform successfully.

Unit of competency	Code	TLIF0006
	Title	Administer a fatigue risk management system
	Assessor	
Assessment Completed by	Student name	
	Date of birth	
	Student ID	
	Student email	
	Date	

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Assessment Activity 1

As a supervisor, you have gathered the information below to inform your trip planning activities:

Trip Plan Summary	
Package must arrive by	6:00pm
Journey time	Approximately 9 hours excluding breaks and any delays
Additional information	Road works along route will likely add 1 hour to journey

In any period of:	A driver must not work for more than a maximum of:	And must have the rest of that period off work, with at least a minimum rest break of:
5 ½ hours	5 ¼ hours	15 continuous minutes rest time
8 hours	7 ½ hours	30 minutes rest time in blocks of 15 continuous minutes
11 hours	10 hours	60 minutes rest time in blocks of 15 continuous minutes

If you start work at:	6:00	6:15	6:30	6:45	7:00	7:15	7:30
Must take at least a 15-minute break before:	11:30	11:45	12:00	12:15	12:30	12:45	1:00
Must take at least another 15-minute break before:	2:00	2:15	2:30	2:45	3:00	3:15	3:30
Must take at least a 30-minute break before:	5:00	5:15	5:30	5:45	6:00	6:15	6:30

Using the information in the summary and the work and rest hours guide, please develop safe and compliant driving plan for one of your team members using the template provided below

Minimum Rest Summary			
Approximate journey duration (hours) <i>(Inc. identified delays)</i>			
Start work	Date:	Time: am/pm	
1st rest before:	Time:	am/pm	Minimum Break Duration <i>(minutes)</i>
2nd rest before:	Time:	am/pm	Minimum Break Duration <i>(minutes)</i>
3rd rest before:	Time:	am/pm	Minimum Break Duration <i>(minutes)</i>
Finish work	Date:	Time: am/pm	
Notes <i>(please include any potential hazards or other important information in this section)</i>			

Assessment Activity 2

Outline the source(s) of information that you would consult to help you develop a procedure or work plan for a heavy vehicle driver to follow?

Assessment Activity 3

<u>Employee canteen breakfast menu</u>		<u>Employee feedback regarding breakfast canteen menu</u>
<p>Fried breakfast: Fried bacon, 2 fried eggs, fried mushrooms, 2 white toast with butter</p>	\$5	<p>Driver A: <i>I'm always so tired after breakfast right before I have to drive a long journey</i></p> <p>Driver B: <i>One healthy food option isn't enough</i></p> <p>Driver C: <i>I buy the unhealthy food because it's cheaper</i></p> <p>Driver D: <i>I like the food in the canteen but I'm putting on lots of weight since having breakfast at work.</i></p>
<p>Breakfast burger: Fried bacon, fried egg, fried mushrooms on white roll with butter</p>	\$4	
<p>Chocolate bar and energy drink</p>	\$4	
<p>Fruit Salad</p>	\$10	

Using the resources provided above, please complete the following task:

1. Identify an issue that could be contributing towards fatigue risk(s)
2. Suggest a potential control measure that would improve the issue, AND
3. Draft a short email to your team to communicate the proposed control strategy and request feedback on it.

END OF ASSESSMENT