

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	TLIF2010
	Title	Apply fatigue management strategies
	Assessor	
Assessment Completed by	Student name	
	Date of birth	
	Student ID	
	Student email	
	Date	

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Assessment Activity 1

Please complete a driver work diary entry (using the template below) for a 10-hour journey starting at 7am.

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

DUPLICATE

NATIONAL DRIVER WORK DIARY DAILY SHEET

WORK DIARY NO. _____

DRIVER IDENTIFICATION

Driver's Name: _____ Date: _____ Day of the Week: S M T W T F S

Licence No: _____ Number Plate: _____ Time Zone: State/Territory (Driver Base) ACT NSW NT QLD SA TAS VIC WA

Driver: Standard Standard Bus BFM AFM Exemption hours (for this 24 hr period only)

Time of daily check (if required): _____

DETAILS OF ACTIVITIES FOR THIS DAY	Number Plate Change and Comments (optional) (e.g. delays, authorised officer notes)																									Space for you to calculate your work and rest hours (optional)	
	Odometer Reading																										
Name of Place at Work and Rest Change (e.g. rest area, truck stop, suburb or town)																											
Two-up																											
My Work																									All drivers: calculate totals		
My Rest																									Total Work:		
																										Total Rest:	
		midnight	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	midnight	

Driver Signature:

To the best of my knowledge and belief the information I have recorded on this daily sheet is true and correct

YOU MUST SIGN THIS SHEET BEFORE STARTING A NEW DAILY SHEET

TWO-UP DRIVER'S IDENTIFICATION

Two-up Driver's Name: _____ Two-up Driver's Licence No: _____ Two-up Driver: Standard BFM AFM Exemption hours

Two-up Driver's Work Diary & Page No: _____ Two-up Driver's Licence issued: _____ Two-up Driver's Signature: _____

ACT NSW NT QLD SA TAS VIC WA

Assessment Activity 2

You are helping some colleagues load up a van with building supplies. Your workplace manual handling procedure states that each person can only lift 15kg (or less) by themselves.

As you start to load, you realise that each box of sand to be loaded contains TWO bags of sand that weigh 10kg each.

Using the scenario above, write a short email to your supervisor to:

- Report 1 possible problem or hazard, AND
- Suggest 1 possible control that would fix the problem:

END OF ASSESSMENT