

Object ID	15
Object Name	Shearing Health and Fitness

AQF Level 2
Industry Sector Wool Harvesting
Category Shearing

UNDERPINNING TOPICS

ASSESSMENT TOOLS
A Zoonoses
A Zoonoses - Answer sheet
B Drugs
B Drugs - Answer sheet

ASSESSMENT COMPONENT	
Purpose	Adopt physical fitness practices and a diet that reduce fatigue levels and the risk of sustaining work-related illnesses or injuries.

ACTIVITIES	DETAILS
1. Explain the principles of a balanced and healthy diet and how this is related to health and fitness	
2. Monitor fluid intake especially in high temperatures	
3. Explain the detrimental effects of drugs and alcohol abuse	
4. Maintain personal hygiene and lifestyle practices that:	<ul style="list-style-type: none"> • Promote health • Minimise the risk of disease
5. Describe the importance of adequate rest to ensure optimal physical performance	
6. Demonstrate warm-up routines before shearing to minimise the risk of sprains and strains	
7. Carry out regular exercise designed to maintain:	<ul style="list-style-type: none"> • Strength • Fitness • Mobility • Flexibility
8. Describe how to set up and use a shearing harness correctly	
9. Use correct manual handling technique in catching, tipping and dragging sheep	
10. Balance sheep to reduce body strain	
11. Analyse the shearing workload for each run and the whole day:	<ul style="list-style-type: none"> • To pace for physical effort • To manage physical stress levels

ACTIVITIES	DETAILS
12. Manage injuries to minimise:	<ul style="list-style-type: none"> • Long-term health impacts • Down time
13. List zoonoses that are applicable to shearing and describe preventative strategies	
14. All tasks must be completed observing requirements for safe work, quality assurance and animal welfare.	

COMPETENCIES	
RTE1106A	Shear Sheep to Novice Level