

## PIRFO Draft Competency Standards

<b>NEW PIRFO 3 - 1.01</b>	<b>Personal Safety</b>
<p><b>Prerequisites: None</b></p> <p><b>Descriptor:</b></p> <p>This module is recommended for everyone intending to work on a commercial fishing vessel and covers the basics of working safely and interacting positively with others on board commercial fishing vessels.</p>	
<b>Learning Outcome</b>	<b>Assessment Criteria</b>
<b>1. Maintain personal hygiene and use hygienic work practices</b>	1.1 Procedures and practices to maintain personal hygiene and uses hygienic practices at all times are explained with reference to: <ul style="list-style-type: none"> <li>• Regular washing and showering</li> <li>• Hand washing at all required times</li> <li>• Clean clothing</li> <li>• Clean bedding</li> </ul>
<b>2. Identify and mitigate factors that can potentially effect personal wellness at sea</b>	2.1 Effects of tiredness and extended periods of work are identified and options to mitigate sleep shortage are proposed. 2.2 Effects of homesickness are identified and strategies to mitigate are proposed 2.3 Challenges in cultural interactions in the work place are identified and strategies to mitigate are proposed
<b>3. Identify and undertake sound practices for personal fitness</b>	3.1 Fitness options are identified and practiced and a plan for personal fitness while at sea is developed and followed
<b>4. Maintain effective human relationships on the vessel</b>	4.1 The importance of maintaining good human and working relations aboard ships is discussed. 4.2 Social responsibilities on board ship are listed. 4.3 Individuals rights and obligations with respect to the vessel work place are discussed. 4.4 The dangers associated with drug and alcohol abuse at sea are described.

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<p><b>5. Observe safe working practices.</b></p>	<p>5.1 The importance of following safe work practices at all times is discussed.</p> <p>5.2 Potential hazards associated with the vessel working environment are identified.</p> <p>5.3 The need for personal protective clothing is understood.</p> <p>5.4 The proper use of safety equipment for the protection of hearing, head, hands, feet, eyes and respiratory system is described.</p> <p>5.5 The content and purpose of material safety data sheets is outlined.</p> <p>5.6 Precautions and procedures required for entering enclosed spaces on a vessel are described.</p>
<p><b>6. Sexually transmitted diseases</b></p>	<p>6.1 STD is defined and the types and causative agents are discussed.</p> <p>6.2 The risk factors, signs and symptoms of STD are discussed.</p> <p>6.3 Prevention and treatment options for STD are discussed.</p> <p>6.4 The links between STD and HIV infection are described and HIV and AIDS are defined</p> <p>6.5 HIV and AIDS are differentiated..</p> <p>6.6 Modes of HIV transmission, the risks of contracting HIV and testing procedures for HIV are discussed.</p> <p>6.7 HIV prevention, treatment and care options are discussed along with progression from HIV to AIDS</p> <p>6.8 Safe sex and 'risk' behaviour are defined and safe sex practices are discussed..</p> <p>6.9 The impact of drugs and alcohol on decision making is discussed.</p> <p>6.10 The correct methods of male and female condom use are discussed and demonstrated.</p> <p>6.11 Disposal of condoms and potential infective agents is discussed.</p>

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### NEW PIRFO 3 - 1.01 Evidence and Assessment Guide

#### ***Context and Method of assessment***

Assessment for this unit is both theoretical and practical. The practical requirement to demonstrate good personal hygiene and hygienic work practice. Where the candidate is undertaking a residential training course, partial assessment can be undertaken in the duration of the course based on the candidates demonstrated personal hygiene in relation to general appearance, washing, cleanliness and mess/dining practice. In addition, the following assessment methods are suggested:

- Practical exercises
- Observation of practical demonstration.
- Short answer written or oral questions
- Input to work in small groups and class activities

Resources for assessment may include:

- Examples of protective clothing
- Audio visual aids, videos, DVDs
- Copies of employment contracts and Code of Conduct
- “Safe Sex for Seafarers” booklet
- “What are STDs” booklet
- “Understanding Aids” booklet
- Condoms and lubricants

#### ***Underpinning knowledge***

The required underpinning knowledge for this unit relates to an ability to understand the importance of personal and work associated hygiene, particularly in relation to work on a vessel and in a seafood processing environment.

Candidates are also expected to be familiar with situations which might effect personal well being during extended trips to sea and ways which challenges of this nature can potentially be mitigated. This includes the importance of physical fitness for personal well being and knowledge of useful activities which can be undertaken at sea to assist with retaining physical fitness.

Knowledge of the importance of safety procedures and the use of appropriate protective clothing is required as is an ability to make basic risk assessments of work situations.

Knowledge of the behaviours that put people at risk for HIV and STD infection, and of safe sex practices.

<b><i>Competency Element</i></b>	<b><i>Evidence Guide</i></b>
<b>1. Maintain personal hygiene and use hygienic work practices</b>	Show knowledge of the importance of personal hygiene and be able to practice high standards of personal hygiene in relation to washing and showering, hand washing in a food processing working environment.
<b>2. Identify and mitigate factors that can potentially effect personal wellness at sea</b>	Understand the effects of tiredness and home sickness which may occur during extended trips to sea, and the strategies available to minimise them. The importance of ensuring regular sleep periods and routines should be stated. Candidates should also be aware that on board cultural interactions and a longing for family and friends during extended trips may occur. Personal strategies to mitigate these issues such as cultural integration, communication with family, recreational activity ,etc should be

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<p><b>3. Identify and undertake sound practices for personal fitness</b></p>	<p>cited.</p> <p>If the candidate is attending a residential training course, he or she can demonstrate achieving this element through participation in physical exercise or sport outside of course hours. A statement of possible at sea exercise regimes to retain fitness is suggested as an alternative.</p>
<p><b>4. Maintain effective human relationships on the vessel</b></p>	<p>List five social responsibilities that a seafarer has aboard the vessel</p> <p>Explain why it is important to read an employment contract or agreement before you sign it.</p> <p>Describe three negative effects that drug and alcohol abuse can have on board the vessel</p>
<p><b>5. Observe safe working practices.</b></p>	<p>Explain why there is a need for the use of protective clothing when working at sea</p> <p>Outline the purpose of an MSDS.</p> <p>Describe three hazards associated with working in confined spaces.</p> <p>Able to identify potential hazards on a vessel</p> <p>Outline the precautions to take before entering a confined space</p>
<p><b>6. Sexually transmitted diseases</b></p>	<p>Explain what is meant by the term “sexually transmitted disease”.</p> <p>List 5 types of STD’s that may be encountered.</p> <p>List 2 causative agents of STDs.</p> <p>Know the actions to take if they have contracted a STD.</p> <p>State the meaning of ‘HIV and “AIDS”’.</p> <p>List 4 ways that HIV can be transferred from one person to another.</p> <p>Describe the testing procedure for HIV.</p> <p>Explain what is meant by the term ‘safe sex’.</p> <p>List 2 methods that can be used to avoid contracting an STD.</p>

### ***Practical skills***

The essential practical skills for the required standard include:

- Maintaining personal hygiene and physical fitness
- Inspect a shipboard work site and identify potential hazards
- Interpret written and oral instructions in English relating to shipboard workplace tasks:
- Demonstrate fitting a condom.
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### ***Critical aspects of evidence***

Assessment must confirm the ability to maintain high levels of personal and workplace hygiene. The importance to personal well being of physical fitness and maintaining sleep patterns must also be stated along with the need to maintain good working relationships on the vessel. The ability to identify common hazards on the vessel use appropriate protective clothing to reduce personal risk is vital, as is a clear understanding of the nature and consequences of STD.