

Demonstrate knowledge of the prevention and management of OOS in the workplace

Level 3

Credits 4

Purpose People credited with this unit standard are able to: define the term Occupational Overuse Syndrome (OOS) and describe its causes and symptoms; describe methods to prevent the development of OOS; and describe methods to manage the risks to staff experiencing symptoms of OOS.

Subfield Occupational Health and Safety

Domain Occupational Health and Safety Practice

Status Registered

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Entry information Open.

Accreditation Evaluation of documentation by NZQA and industry.

Standard setting body (SSB) New Zealand Industry Training Organisation – Industrial Health and Safety Advisory Group

Accreditation and Moderation Action Plan (AMAP) reference 0171

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Special notes

Definitions

Legislative requirements may include but are not limited to compliance with – Health and Safety in Employment (HSE) Act 1992 (HSE), Health and Safety in Employment (HSE) Regulations 1995, their subsequent amendments and any applicable Approved Codes of Practice created under the primary Act or related guidelines, *Approved Code of Practice for the Safe Use of Visual Display Units in the Place of Work*, Wellington: Occupational Safety and Health Service, Department of Labour, (1996), and *Occupational Overuse Syndrome (OOS) – Guidelines for Prevention and Management*, Wellington: Occupational Safety and Health Service, Department of Labour, (1991).

OOS refers to Occupational Overuse Syndrome (also referred to as gradual process injuries).

Elements and performance criteria

Element 1

Define the term OOS, and describe its causes and symptoms.

Performance criteria

- 1.1 OOS is defined according to the occupational safety and health guidelines.
- Range includes but is not limited to – umbrella term for number of conditions, legislative requirements.
- 1.2 Risk factors contributing to OOS development are described in terms of time and activity factors.
- Range includes but is not limited to – muscle tension, lack of oxygen in muscles, repetitive activities, awkward postures, stress.
- 1.3 Early symptoms of OOS are described in terms of human body responses.
- Range includes but is not limited to – muscle discomfort, aches and pain, fatigue, hot and cold feelings, numbness and tingling, muscle weakness, tightness, soreness, stiffness.

Element 2

Describe methods to prevent the development of OOS.

Performance criteria

- 2.1 Modifications to the design of equipment and tasks are described in accordance with legislative requirements.
- Range includes but is not limited to – redesigning plant, machinery, tools, adjusting heights and angles, using mechanical aids, avoiding prolonged awkward postures, static muscle tension, relaxed body posture.
- 2.2 Work organisation factors that help prevent OOS are described in accordance with legislative requirements.
- Range includes but is not limited to – job redesign, job rotation, work rates, work load, bonus schemes, management styles, rest breaks, micropauses.

2.3 Physical factors of the work environment that can reduce the risk of OOS are described in accordance with legislative requirements.

Range includes but is not limited to – lighting, ventilation, thermal environment, noise, work space.

Element 3

Describe methods to manage the risks to staff experiencing symptoms of OOS.

Performance criteria

3.1 Measures designed to assist and rehabilitate people with OOS are described.

Range includes but is not limited to – reporting early symptoms, monitoring work rates, controlling the causal factors, addressing potential psychosocial risk factors, arranging support from health professionals, assisting in the development of a rehabilitation plan.

3.2 Work area ergonomics are reviewed to ensure elimination and/or minimisation of potential OOS hazards.

Range includes but is not limited to – plant design, furniture, machinery, tools, job design, workplace culture.

Please note

Providers must be accredited by NZQA, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by NZQA before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the New Zealand Industry Training Organisation office@nzito.co.nz if you wish to suggest changes to the content of this unit standard.