

Errata

ISBN: 978-1-76059-997-3

Unit: HLTWHS001 Participate in workplace health and safety

Resource: Learner guide (content only)

Update: Version 2.1 updated to Version 2.2

Affected page: 61

Use the attached page to update the affected document.

Learning checkpoint 4

Reflecting on your safe work practices

1. Find and access reference material for a current safe work practice relating to a piece of equipment, a workplace system or a process used in a service.
 - a. Record:
 - ▶ the name of the reference material you found
 - ▶ who produced it
 - ▶ when it was published
 - ▶ where you located it.

- b. List the key safe work practices outlined in the reference material you found.

2. Reflect on a situation or time when you felt stressed and/or fatigued. Record and then discuss with a person in your workplace how you:
 - ▶ identified the problem
 - ▶ determined ways to control the stress
 - ▶ reduced the stress
 - ▶ managed the stress.
