

Title:	Personal Wellbeing in Construction
Aim:	The purpose of this unit is to ensure that learners understand how to maintain a healthy lifestyle whilst working in the construction industry and how to identify possible issues and their causes.
Unit Level:	1
Credit Value:	3
GLH	30
Unique Reference Number	A/618/0656
Assessment	This unit is internally assessed through the completion of the NOCN assessment booklet and internally and externally quality assured. The NOCN assessment booklet has been produced and should be used to evidence all learning outcomes.
Learning outcomes <i>The learner will:</i>	
1. Know how a career in the construction industry can impact on personal wellbeing.	
Delivery content: The purpose of this learning outcome is to ensure that learners are aware of the effect of working within the construction industry could have on their own personal wellbeing. The learner must know: <ul style="list-style-type: none"> • why individuals have nervous feelings when starting in a new role or with a new employer. • how to identify colleagues and external organisations that could offer support. • work situations that could be stressful. • how working in the construction industry can affect health and fitness. 	
2. Know the importance of maintaining a positive mental attitude when working in the construction industry.	
Delivery content: The purpose of this learning outcome is to ensure that learners know the importance and benefits of a positive mental attitude. The learner must know: <ul style="list-style-type: none"> • the impact of not maintaining a positive mental attitude can have. • the influences that can impact on maintaining a positive mental attitude. • how to address feelings of self-doubt. • the causes of negative feelings. • what is meant by resilience in terms of mental attitude. • how to identify resilience. • the benefits of resilience. 	
3. Know how elements of their life can cause stress.	
Delivery content:	

The purpose of this learning outcome is to introduce learners to the areas of their working life that can become stressful, how to identify stress and how to manage it.

The learner must know the:

- **elements** that make up their working day and personal life that can result in feelings of stress.
- **impact** stress can have on own personal wellbeing.
- **symptoms** to look for that may indicate stress, anxiety etc.

4. Know how to address stress.

Delivery content:

The purpose of this learning outcome is to introduce learners to actions that can be taken to address feelings of stress and maintain positive mental health.

The learner must know the:

- types of **actions** to be taken by self to address.
- external support that can be used to help address any related issues.

5. Know the importance of health and hygiene.

Delivery content:

The purpose of this learning outcome is to introduce learners to the importance of health and hygiene when working in the construction industry.

The learner must know:

- the importance of health and hygiene for self and others.
- the impact that poor health can have on own performance.
- why **health issues** should be shared with employer.
- how good **personal hygiene** can help maintain own positivity and wellbeing.

Scope of Training

The Scope of Training identifies areas that must be covered during the delivery of this unit.

This is the minimum that is expected but tutors are expected to include other areas and knowledge of which will benefit their learners, based on location, types of work available and from the tutors own professional experience.

Scope of Training/Assessment

What would you expect the learner to be able to do or not to do?

The aim is for the learner to have an awareness of the importance of personal wellbeing and the impact failing to do this can have on them. They must be aware of some of the indicators of stress and low self-confidence and the support that is available. Tutors are not expected to provide pastoral support above and beyond what is usually provided and must be aware of how to signpost learners if issues come to light.

The following expands on terms highlighted through the unit. It is expected that tutors expand on the areas to be covered to make relevant to the local area and employment opportunities and explain terms in using wording that is understandable to their learners.

Assessment:			
The Assessment Workbook is available from NOCN.			
	Requirements		
Nervous feelings	New environment New relationships	New ways of working Wanting to impress	Insecurity
Colleagues and external organisations	Workmates Supervisors Managers Human resources		Trade unions Signposted professionals and support organisations Support phone lines
Work situations	New work New employer New colleagues New clients		Time constraints Budgetary constraints Dangerous works (heights, confined spaces etc.)
Health and fitness	Injuries Diseases Aches, pains and strains		Illness and its effect on carrying out tasks
Not maintaining a positive mental attitude	Self-doubt Low self-confidence	Inability to focus Time off work	Lack of motivation
Self-doubt	Learners should be made aware that it is natural to be unsure of own ability but the importance of speaking with others about this is important and often can reassure or support the learner.		
Negative feelings	Self-doubt Low self-confidence		Feeling that they are out of their depth
Resilience	Resilience is the ability to cope under pressure and recover from difficulties. A person who has good resilience copes well under pressure and can bounce back more quickly than someone whose resilience is less developed.		
What resilience looks like	<p>Understanding and valuing the meaning of what you do. Greeting new situations, people and demands with a positive attitude. Doing what you can to get on with other people. Taking a problem-solving approach to difficulty. Keeping a sense of perspective (and humour) when things go wrong. Being flexible and willing to adapt to change. Drawing on a range of strategies to cope with pressure. Recognising your thoughts and emotions, and managing them. Asking for help when you need it.</p>		
Benefits of resilience	<p>Better job satisfaction Greater self-awareness and understanding of others, which will lead to better personal and working relationships. Greater self-management skills, including the ability to set limits and better coping skills. Improved physical and psychological wellbeing. Better decision-making skills, due to less stress, which impairs judgment and thinking processes.</p>		
Elements	Home life Relationships Financial concerns	Travel and transport Working relationships	Work probation Peer pressure

Impact	Mental and physical illness Inability to hold down work	Effects on family and friends Financial implications
Symptoms	Insomnia Heart palpitations Restlessness	Nervousness Overreactions Weight loss Drinking or substance abuse
Actions	Speaking to friends, family or work colleagues Speaking to support organisations	Speaking to doctor or health professional Speaking therapies Relaxation techniques
Health issues	The importance of taking time to recover from illness, not returning to work too soon. How illness can impact on learners ability to carry out work. The risk of spreading illness to work colleagues. The risks of exaggerating injuries.	
Personal hygiene	Washing Cleaning hands before eating/drinking Offensive odours	Cleaning clothes Impact of not following these on professional appearance.