

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Resilience Skills in Explosive Substances and Articles Operations

Unit Reference Number: R/650/2632

Level: Two (2)

Credit Value: Two (2)

Minimum Guided Learning Hours: 16

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand resilience and its impacts on individuals, society and the Explosive Substances and Articles (ESA) working environment	1.1 Describe what is meant by resilience
	1.2 Describe a situation where resilience skills have been used either in the workplace or elsewhere
	1.3 Describe why resilience is important for: <ul style="list-style-type: none"> a) An individual b) Society c) ESA working environment
2. Understand how to develop an individual's resilience	2.1 Describe why a positive outlook on life can be important to an individual's resilience
	2.2 Describe ways of creating a positive outlook on life
	2.3 Describe a range of factors that contribute to an individual's resilience
	2.4 Outline a range of ways to develop an individual's resilience
3. Be able to develop resilience skills	3.1 Assess own resilience skills detailing strengths and areas for improvement
	3.2 Create an action plan to develop own resilience skills
	3.3 Implement an action plan to develop own resilience skills
	3.4 Reflect on the action plan detailing further development points for building resilience.

ESA NOS Number	Title
ESA 13.1	Work effectively in a team involved in the activities for explosive substances and/or articles.