



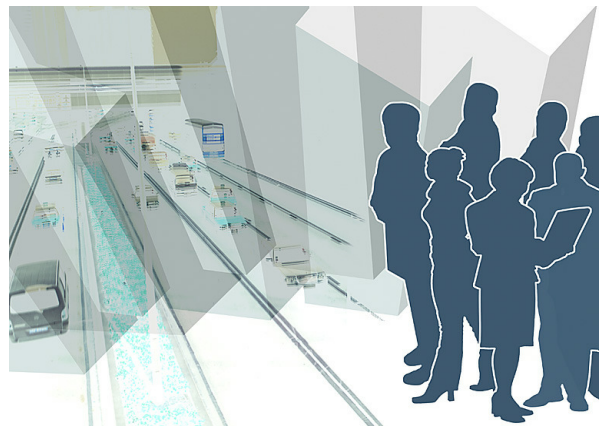
Your Stress Management

Helping to prevent stress and improve wellbeing

Your Stress Management - Wellbeing - Training - Consultancy

Understanding the HSE Management Standards for Work-Related Stress

**For Managers and Team Leaders
on how the Management Standards
can help to promote good practice**



Course Title: Understanding the HSE Management Standards for Work-Related Stress

Overview:

This course is suitable for managers on how to implement the Management Standards and understand all the issues in tackling work-related stress. You will learn how to describe the organisational approach to work-related stress, explain the risk assessment approach, describe the management standards in detail and develop an action plan.

Outline Programme:

- Define work-related stress and the impact within the workplace.
- Explain the legal aspects of work-related stress.
- Explain the HSE Management Standards for work-related stress.
- Describe the six key areas of work design.
- Explain how to assess performance against the Management Standards

By the end of the course each delegate will be able to:

- Explain what is meant by work-related stress and its impact in the workplace
- Understand the HSE Management Standards approach
- Understand the six key areas and solutions to existing problems
- Explain how to motivate staff
- Understand the risk assessment process
- Develop an Action Plan

The course is interactive and includes group discussion, full explanations, exercises and practical work. Numbers are limited to keep groups small. Can go towards your CPD.

Duration: Full day

To Book:

Phone: 0141 416 0779 or book online

E-mail: info@yourstressmanagement.co.uk

www.yourstressmanagement.co.uk

Other suitable courses: Stress Risk Assessment

