

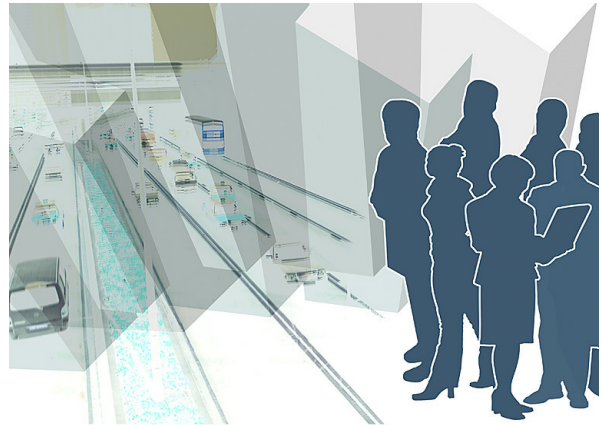


Your Stress Management
Stress Risk Management

Your Stress Management - Risk - Training - Consultancy

Stress Risk Assessment

**Learn how to carry out a Stress Risk
Assessment as per
HSE guidance**



Course Title: Stress Risk Assessment

This course will help you to understand how to carry out a stress risk assessment and learn how to use the HSE Management Standards for work-related stress using a risk assessment approach. The Management Standards for work-related stress use a risk assessment approach based on the familiar HSE 'Five steps to risk assessment'. Suitable for HR, Health and Safety, Managers or anyone who has responsibility for stress within their organisation.

Course Objectives:

- Describe the background to stress within the workplace
- Explain the HSE Management Standards for work-related stress
- Identify the stress risk factors
- Explain how to focus on prevention and managing the causes of work-related stress
- Evaluate the risks
- How to adapt HSE's Management Standards approach to carry out an individual risk assessment.

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

- Understand the impact of work-related stress.
- Understand HSE stress risk assessment approach.
- Follow the Management Standards approach for work-related stress
- Evaluate risks, explore problems and identify solutions
- Understand the importance of a stress policy
- 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

