

Principles of Stress Awareness

Who is this course for?

Stress Awareness is a stand-alone qualification, which complements the CIEH Health and Safety programmes. It is aimed at raising awareness of likely sources of work related stress, the range of symptoms and effects it can cause and the options available for its control. While the level of the qualification is aimed at general workers, it would provide a suitable introduction to the issue of work-related stress for more senior staff.

Duration?

1 Day

Cost?

The cost of this course can vary depending on candidate numbers. Funding may also be available to assist with the cost of the course. Please call for further information.

What is the aim of the course?

Successful completion will prepare students to look carefully at their own work activities and contribute to the development of strategies to combat work-related stress, in co-operation with their managers and supervisors.

Course Overview

- What is stress and work related stress?
- The importance of controlling stress in the workplace
- Stress related factors in the workplace
- How to identify stress in work colleagues
- Workplace controls
- Monitoring stress at work