_____

Course Outline

Stress Awareness

Course length: 5-6 hrs

Qualification: Attendance certificate

The course 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.

Topic areas covered

- Definitions of stress.
- Stress as an occupational health hazard.
- Identification of basic workplace stressors.
- Development of basic controls for work-related stressors.
- Responsibilities imposed under UK legislation.

Objectives

- By the end of the programme the student will be able to:
- Explain what is meant by the term work-related stress.
- Explain the importance of controlling stress in the workplace.
- Explain the typical stress related factors in the workplace.
- Identify stress in colleagues and themselves.
- Advise on and implement workplace controls to reduce stress.
- Monitor colleagues and themselves in relation to stress at work.

Cost: £70 per person + VAT on open courses
£70 per person (min charge of £360) + VAT for in-house courses

TQUK approved training centre   Highfield approved training centre   RSPH approved training centre