

Certificate in Stress Awareness

Duration:

4 hours

Aim:

This qualification raises awareness of the likely sources of work - related stress. It is aimed at general workers and also serves as an introduction to the issue for more senior staff. The qualification will enable employees to contribute to strategies which combat work-related stress.

Objectives:

- Explain how violence at work may become the employer's responsibility
- Identify aspects of the work environment that can contribute to the risk of violence
- Understand the elements of conflict, and recognise early signs
- Develop simple strategies for avoiding conflict and violence

Contents:

- Definitions of stress
- Stress as an occupational health hazard
- Identification of basic workplace stressors
- Development of basic controls for work-related stressors
- Legal responsibilities

Certification:

Chartered Institute of Environmental Health