

CIEH CERTIFICATE – STRESS AWARENESS (CIEH5)

A one Day Course, helping you to combat work-related stress

Workshop Summary

This Workshop is aimed at raising awareness of the likely sources of work-related stress, the range of symptoms and effects it can cause and the options available for its control. This Workshop will prepare employees 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. It is a stand-alone qualification, which complements the CIEH Health and Safety in the Workplace Programme and IOSH Programmes offered by ATG.

Who Should Attend

Managers, Supervisors and staff requiring an introduction to the issue of work-related stress.

Benefits to You and Your Organisation

By the end of the Workshop, participants will be able to :

- Explain what is meant by the term stress and in particular work-related stress.
- Explain the importance of controlling stress in the workplace.
- Explain typical stress related factors in the workplace.
- Identify stress in colleagues and themselves.
- Advise on and implement controls in the workplace to reduce stress.
- Monitor colleagues and themselves in relation to stress at work.

Workshop Contents

- General Introduction
 - Definition of stress.
 - Stress as an occupational health hazard
- Legislation
 - Health and Safety at Work etc Act.1974 Sections 2 - 7
 - Management of Health and Safety at Work Regulations 1999
- Stress awareness in Practice
 - Identification of basic workplace stressors
 - Development of basic controls for work-related stressors.

Follow Up Workshops

Self Management and Personal Effectiveness (COM 8); Principles and Practice of Risk Assessment (CIEH2) Health and Safety for Health and Safety Representatives (HSM5); Working Safely (IOSH 3); Managing Safety (IOSH 1); NEBOSH – National General Certificate in Health and Safety (NEB1).

Consultancy Services

Risk Assessment; Risk Management; Audits; Office Inspections; COSHH Assessments; Occupational Hygiene Services; Documentation Reviews, Training Needs Analysis

Any of our Workshops can be tailored and delivered In-Company. Contact us for more details.

Dates: On Application

Fee: On Application

'Please note the above Workshop requires minimum attendance numbers'



The costs of stress to your company may show up as high staff turnover, an increase in sickness absence, reduced work performance, poor timekeeping and more customer complaints. Stress in one person can also lead to stress in staff who have to cover for their colleague – please take stress seriously.