

1 DAY COURSE

# STRESS RISK ASSESSMENT TRAINING

Risk Assessors responsible for preventing ill health from Stress + complying with the legislation

*Comply with the legislation to assess the risks to employees from stress.*

*Help reduce absence at work by dealing more effectively with stress*



## COURSE OBJECTIVE

To provide Risk Assessors with an understanding of the role of Stress Risk Assessments in preventing ill health, proficiency in carrying out a risk assessment and the confidence and skills to deal effectively with stress issues in the workplace.

## COURSE CONTENT

This course covers the legal requirements of risk assessments, the health issues that can arise from stress and how to use a risk assessment to identify and minimise problems in the workplace. It covers the main aspects of stress including demands and workload, staffing and work patterns communication and support, work environment – physical and psychological and training. It also explores effective strategies to reduce work related stress.

## WHO SHOULD ATTEND

This course is designed for those with responsibility for the health and safety of others. It is suitable for Line Managers or individuals responsible for DSE risk assessments in any organisation. Delegates should have good writing skills, and be able to communicate well to staff.

## COURSE PROGRAMME

Risk assessments + legal requirements	Introduction to the risk assessment process. Understanding the principles of a risk assessment and the legal framework of the legislation.
Risks to ill health of stress	Understand the causes of ill health from stress from relationships and work organisation and the effects on individuals including physical, mental, and behavioural
Collecting information about the workplace	Collecting data about people and the processes. Looking at existing data from grievances, disputes, accidents, absence etc. Evaluating the job and the environment.
Using the information to target at risk areas	Using the information to identify hazards at work. Using focus groups and a participatory approach to set priorities and jobs and areas most at risk
Action Plan	Identify effective strategies that can be implemented. What is cost + resource implications. Making changes how to make change effective and not another stressor.
Monitoring + managing Stress	What processes can help monitor stress at work. What is available to help staff - training programmes, occupational health, staff forums, appraisals.

Make sure you understand and comply with the law!  
BOOK YOUR PLACE ON THE STRESS RISK ASSESSMENT  
ONE DAY COURSE TODAY.

Call now on: 0845 450 7316



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