

TRAINING SOLUTIONS NORTH WEST

SPECIALIST TRAINING PROVIDER

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Stress Awareness

COURSE OVERVIEW

This one day 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. While the level of this qualification is aimed at general workers, it would provide a suitable introduction to the issue of work related stress for more senior staff. A self assessment questionnaire is offered at the end of this course if CIEH Accreditation is required.

COURSE CONTENT

- ✓ Definitions of stress
- ✓ Occupational Stress
- ✓ Workplace Factors
- ✓ Assessing Stress Factors
- ✓ Identifying Workplace Stressors
- ✓ Devising Controls
- ✓ Communications
- ✓ Effects of Stress
- ✓ Recognising Stress

CERTIFICATION

Attendance Certificate (free of charge) or
Chartered Institute of Environmental Health (£10 pp)

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