

Stress Risk Assessment



Overview:

This full day IIRSM (International Institute of Risk and Safety Management) approved course will provide guidance on how to implement the Management Standards and understand the issues in tackling work-related stress. You will learn how to describe the organisational approach to work-related stress, explain the stress risk assessment approach, describe the management standards in detail and develop an action plan.

Employers have duties under the "Management of Health and Safety at Work Regulations," 1999, to assess the risk of stress-related ill health arising from work activities and under the Health and Safety at Work etc Act 1974. The Management Standards are not legal requirements – they are guidance which is intended to help and encourage employers to meet their legal obligations.

Outline Programme:

- Define work-related stress and the impact within the workplace.
- Explain the legal aspects of work-related stress.
- Explain the HSE Management Standards for work-related stress.
- Describe the six key stress risk areas of work design.
- Explain how to assess performance against the Management Standards
- Identify the stress risk factors
- Explain how to focus on prevention and managing the causes of work-related stress
- Evaluate the stress risks
- How to adapt HSE's Management Standards approach to carry out a stress risk assessment.

By the end of the course each delegate will be able to:

- Explain what is meant by work-related stress and its impact in the workplace
- Understand the HSE Management Standards approach
- Understand the six stress key areas and solutions to existing problems
- Explain how to motivate staff
- Understand the stress risk assessment process
- Explain how to evaluate risks, explore problems and identify solutions
- Understand the importance of a stress policy
- Develop an action plan

Suitable for Directors, Managers, HR, Health and Safety, Occupational Health and those with an interest in developing the stress risk process within their organisation.

The course is interactive and includes group discussion, full explanations, real life case studies, role play, exercises and practical work. Numbers are limited to keep groups small. Can go towards your CPD.

To book or for more information:
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