

course objectives

At the conclusion of this course the delegate 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 the 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.

who is the course for?

This 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 the qualification is aimed at general workers, it would provide a suitable introduction to the issue of work-related stress for more senior staff.

duration / format

6 hours duration

instructor / trainee ratio

Min 1:6 Max 1:15

awarding body

Chartered Institute Of Environmental Health (CIEH)

course content

- Definitions of stress.
- Stress as an occupational health hazard.
- Identification of basic workplace stressors.
- Development of basic controls for work-related stressors.
- Responsibilities imposed under UK legislation.

course requirements / notes

This is a Level 1 course requiring no previous qualifications or experience.

further information / contact us

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