

ADVANCED CARE YORKSHIRE TRAINING

Stress in the Workplace

Workplace stress is on the increase and this means rises in stress related absenteeism, stress related litigation and a decrease in company productivity for employers.

Workplace stress can be caused by work pressure, office politics, ill health, issues at home or a combination of any of these factors. It is therefore important for employers to be capable of identifying affected employees and assisting them in making a swift and permanent recovery, for both the good of their company and their employees.



This half day course covers the following:

- Employer liability and statutory provisions
- Pressure and stress – what's the difference?
- HSE risk factors for work stress



- Management style and communication
- How to minimise stress with preventative action
- Strategies for handling workplace stress
- Risk assessments for stress
- Care of affected employee

Training methods: Lectures, case studies, scenarios and group discussions DVD documentary study. Students will take away with them a comprehensive course handout.

Assessment is a thorough observation of practical elements (scenarios) and a written paper which is marked by the Tutor and then verified by an assessor, for Quality Assurance purposes. To gain a certificate a course mark in excess of 80% is required. On successful completion of the course, students will receive a Certificate. Employers will receive all necessary paperwork to provide an auditable paper trail