

Stress Awareness

This course is designed to help recognise the importance of understanding stress and the guidance required to manage employees effectively to minimise risk.

The course includes:

- Definition 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

Upon successful completion of the course participants will receive a CIEH Certificate Level 1

Duration: 1/2 day

Equipment: None



The Island Partnership

Trinity Road, Sheerness, Kent, ME12 2PF. Tel: 01795 596700