

Course Objectives

By the end of the programme the student 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

Course Duration

Stress Awareness

Duration: 2/3 hours

Maximum: 12 delegates

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CIEH Stress Awareness

Ashtree Management Services Ltd



Effective & Enjoyable Training

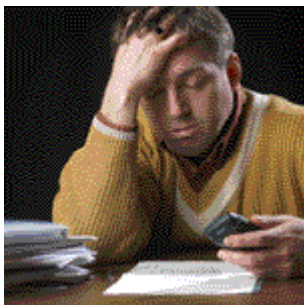
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CIEH Stress Awareness

Stress Awareness is a stand-alone Level 1 qualification from the Chartered Institute of Environmental Health, which complements the CIEH Level 2 Certificate in Health and Safety in the Workplace programme.

It 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.



Successful completion will prepare students to look carefully at their own work activities and contribute to the development of strategies to combat work-related stress, in co-operation with their managers and supervisors.



Topic Areas Covered

- 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

Certification

The half day programme is assessed by means of a review of the students' own work practices and is designed to be completed under tutor supervision following the training.

In-house Training

These courses are conducted at your premises to enable your delegates to analyse actual methods and current practise used within their work environment.



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