



ouch Health & Safety Training

CIEH Certificate in Stress Awareness

The HSE estimates that around 10.5 million work days are lost each year due to stress related illness. Stress is the negative result of too much pressure and can lead to illness and disease if ignored. This qualification raises awareness of the likely sources of work-related stress enabling employees to contribute to avoidance and preventive strategies. Ouch can tailor this course directly to your specific organisation by using company risk assessments, policies and procedures.

Who is it for?

It is aimed at general workers and also serves as an introductory course for more senior staff.

Topics 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
- Case studies

Course objectives

On completion of the course, delegates will have a greater understanding of stress in the workplace.

Assessment

Review of the student's own work practices, to be completed under trainer supervision following training. Delegates will receive a nationally recognised CIEH certificate. Ouch attendance certificates will be issued to delegates not completing the student review.

Duration

4 hours. This course can be run in-house for up to 12 delegates.

Awarding body: Chartered Institute of Environmental Health, Chadwick Court, Hatfields, London, SE1 8DJ Tel: 0207 928 6006

For a safe alternative call: **0800 389 1314**

Website: **www.ouchtt.co.uk**