

Managing Stress at Work

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Background

The HSE feel that good communication is essential when applying the HSE Management Standards in your workplace. To help, *Managing Stress at Work* provides the perfect e-learning platform to ensure your supervisors and managers understand the causes of stress. With this new knowledge your managers will be able to help you improve morale and attendance while reducing 'lost time' productivity.

Management features

Managing Stress at Work is fully supported by PACE, Cardinus' powerful management module. Features include:

- Easy-to-use risk assessment scoring to help identify employees at risk.
- Tools to monitor training records and identify your employees who have successfully completed their training. PACE will also identify your employees who have not started or not completed their training.
- Advanced automated email capability to encourage participation.
- Task led approach to help you evidence how issues have been resolved.
- Charting and sophisticated statistical reporting.
- Fully SCORM compliant.



OBJECTIVES

On completion of *Managing Stress at Work* delegates will be able to:

- Demonstrate an understanding of what stress is, and the difference between stress and pressure.
- Understand the current legal status of stress as a workplace health issue.
- Recognise factors in work activities which may lead to stress in employees.
- Recognise how external stress factors can impact on an employee's work.
- Understand how stress may affect an employee, their family, their team and their organisation.
- Recognise the early symptoms of stress at work.
- Understand approaches to reducing stress at work.
- Know how to interact with and support individuals who are stressed.

TOPICS COVERED

- Introduction
 - The difference between pressure and stress, and the consequences
 - Legal and moral 'duty of care' as a manager
- The causes and symptoms of stress
 - The causes of stress – personal, domestic, environmental, workplace
 - Symptoms of stress (the stress response)
- Legal implications of workplace stress
- Designing stress out of the workplace
 - Stress management is good management
 - HSE Management Standards
- Recognising and dealing with stress
 - Stress indicators at work
 - Procedures
- Conclusion
- Multiple choice test

DURATION

This is a 45 minute e-learning course.

COST

Managing Stress at Work represents great value for money. Licences vary from £3 - £30 depending upon the number of delegates. Please call Cardinus for more details.