

Course Overview

Stress Training

Designed for:

All Personnel, who are responsible for the well-being of staff in the workplace.

Pre-Requisites

None Required

Duration of course:

3 hours

Aims and Objectives:

Stress is increasingly a factor in working days lost and the overall reduction in employee effectiveness. Qualsafe recognises the importance of understanding stress and the guidance required to manage employees effectively to minimise risk.

Course Content:

Identify likely sources of work-related stress
Identify the range of symptoms and effects stress can cause
Identify the options available for preventing and controlling stress

Qualification:

Delegates will receive an accredited Qualsafe certificate in Stress Awareness