

Course Outline:

It is well recognized that stress at work is a massive problem. Any stress can reduce employee well-being and it is well recognized that excessive or sustained work pressure can lead to stress. Occupational stress poses a risk to most businesses and compensation payments for stress are increasing. It is important to meet the challenge by dealing with excessive and long-term causes of stress

This course is tailor made for the trainees present and the type of work they are regularly performing.

Who May Apply?

Employers Managers
Supervisors
Workers
Trainees

Learning Objectives:

- Definition
- Dealing with work related stress
- Legislation
- Stress reduction Techniques
- Common Causes
- FAQs

Course Structure:

4 hours of Theory
No Practical

Certification:

An attendance certificate will be given to all attendees.

This does not have an expiry date however we suggest that a refresher course is taken to keep up-to-date with any changes mainly regarding regulations and practical guidelines.