



HSE Certificate in Managing Stress at Work



LEARNING PARTNER

BRONZE 615



Who should attend?

- This qualification is suitable for anyone responsible for how other people work, and those who need to understand what is required to prevent and manage workplace stress.
- All line managers and supervisors, Health and Safety professionals, Human Resource professionals and Occupational health professionals
- Mental ill health is the biggest cause of time off work in the UK – getting this right is a key goal in business success.



Course content

- The key principles of work-related stress and its relationship to mental ill health issues
- How to recognise causes and effects of workplace stress
- The responsibilities of employers and individual roles in managing workplace stress
- The 6 key areas of work design which can cause stress
- How to apply the HSE's Management Standards approach to assess stress risks in the workplace
- How to develop suitable interventions to address stressors, reduce negative impacts, and manage the effects of stress in the workplace
- Ways to continually improve your organisation and create a great place to work

This qualification will give you confidence that your team is trained in HSE's current approach to managing and controlling stress at work



Assessing learning outcomes

A multiple-choice assessment is completed at the end of the course. Delegates will be presented with a realistic workplace scenario and will answer multiple-choice questions focused on the principles learnt throughout the course.



Course duration

- 1 day



Refresher training

- Certification renewal advised after 3 years



Please bring

- An open mind and a willingness to discuss challenging topics



Key Facts

- This course is accredited by NEBOSH and developed in partnership with the HSE.

All delegates will receive a copy of the NEBOSH/HSE course book to take away.



Visit www.hcssafety.co.uk for dates and prices





Course programme guide

Element 1 – Key Principles

- Understand common terms and the relationships between work-related stress, pressure and mental health/mental illness
- Understand the prevalence and costs of stress and mental ill-health in the workplace
- Recognise the signs and effects of work-related stress
- Understand the responsibilities of employers to workers relating to work-related stress (including the role of health and safety, HR, Occupational Health and line management)

Element 2 – Identification of Risk

- Understand the causes of workplace stress
- Understand and Apply the HSE's 6 Management Standards

Element 3 – Implementing Solutions

- Develop practical options to address and reduce workplace stressors
- Develop practical options to manage effects of stress and its impact in the workplace
- Develop ways to continually improve the workplace

