

CIEH Foundation Certificate in Stress Awareness

Introduction to the issue of work-related stress

Overview

This qualification raises awareness of the likely sources of work-related stress. It is aimed at general workers and also serves as an introduction to the issue for more senior staff. The qualification will enable employees to contribute to strategies which combat work-related stress.

Outline programme

The qualification covers the following topics:

- 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

Qualification information

Designed for: All employees

Course duration: 4 hours

Assessment method: Review of the student's own work practices, to be completed under trainer supervision following training

SATS Ltd, The Bungalow, Bersham Road, Bersham, Wrexham, LL14 4HS

Tel: 01978 358927 email info@sats-ltd.com

www.sats-ltd.com

Company Number 5659852, VAT number 869 6505 71



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