

CIEH FOUNDATION CERTIFICATE IN STRESS AWARENESS

Stress is increasingly a factor in the loss of working days and reduction in employee effectiveness. The CIEH has recognised the importance of understanding stress and the guidance required to manage employees effectively to minimise risk. This qualification seeks to advise and guide those interested in protecting themselves and their workforce from the damaging effects of stress. This is a stand-alone Level 1 qualification complementing the CIEH Foundation Certificate in Health and Safety in the Workplace.

Who needs this qualification?

Appropriate for all employees - especially those dealing with the public, working to targets or deadlines, providing services, training, supervising or managing.

Programme Synopsis

- 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

Outcomes

On completing this qualification candidates will be able to:

- 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

Successful completion will prepare employees to look carefully at their own work activities and contribute to the development of strategies to combat work-related stress, in co-operation with their managers and supervisors.

Duration:	Half day programme
Assessment:	Individual self assessment
Certification:	CIEH
Prerequisite:	None