CIEH Stress Awareness

Chartered Institute of Environmental Health

CIEH Registered Centre

RSP Safety Services Ltd

Health and Safety Courses for Staff and Managers

Who should attend	While the level of the qualification is aimed to be inclusive to everyone, it would provide a suitable introduction to the issue of work-related stress for more senior managers
Why you should attend	To raise your awareness of likely sources of work-related stress, the range of symptoms and effects it can cause and the options available for its control
What you will learn	What is stress, how we can recognise it, what causes it and how we can reduce it
Expected outcomes	Successful completion will prepare you to look carefully at your own work activities and contribute to the development of strategies to combat work-related stress, in co-operation with your managers and supervisors
Course content	• Definitions of stress • Stress as an occupational health hazard and the importance of controlling it • Identification of basic workplace stressors in yourself and others • Development of basic controls for work-related stressors and to be able to advise others • Responsibilities imposed under UK legislation
Accreditation	None
Assessment	Cumulative assessment record – a record of your own work practices
Venue	Peterborough
Dates	Call for update
Cost	£220 per person (plus VAT)
What's included	Course notes, certification
Course duration	6 hours including the assessment
Recommended pre-requisites	None
Recommended follow-up courses	CIEH or HABC Level 3 Award in Health and Safety in the Workplace

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