

STRESS MANAGEMENT (MANAGERS)



Introduction

Statistics reveal that over 13.5 million working days are lost due to stress, depression and anxiety each year. Research shows that 1 in 5 employees state that they find work very stressful.

Course Overview

This course will teach you what stress is and how stress affects your employees and your organisation.

At the end of the course, trainees will be able to:

- » Understand what work related stress is and how you can help you employees manage stress
- » Recognise the impact of stress on your employees; mental and physical
- » Identify the ethical responsibilities of stress, legal obligations and good business practices
- » Identify how to help your employees tackle stress and how an ideal work environment should be
- » Identify hazards, examine personal behaviours and report areas of concern.

Course chapters

1. Introduction

Identify the importance of managing your employees stress.

2. Impact of stress

This section covers tackling the causes of stress before it can lead to ill health.

3. Identifying stress

Discover who is affected by work-related stress and how it can impact your employees and organisation.

4. Resolving stress

Discover how to identify stress areas and how you can help your employees and organisation.

5. Risk assessment

Learn all about the five steps of conducting a risk assessment for your employees.

Who will it benefit?

This course will benefit managers who want to be able to identify work-related stress and reduce it's ill effects.

How it works?

Stress Awareness is delivered online as an interactive course to each trainee on their computers, or portable device at any internet enabled location. The interactive course is engaging, informative and exciting to use. Using up-to-date, modern graphical images, users will be faced with a selection of interactive elements and mini quizzes to test their knowledge.

Users will receive informative advice and guidance and will be tested on their understanding of the subject at the end of the course by completing the compulsory self-test.

This course also features a risk checklist which asks the user a series of questions relating to their current working environment.

Course Format: Interactive
Running Time: 30-35 minutes



Technical Information

Internet Access: Users will need a computer or apple device with a web browser and an internet connection to access Safety Media e-Learning Solutions.

Minimum Recommended Bandwidth: 2Mbps

Software:

One of the following web-browsers:

Windows: Internet Explorer
» Latest versions as maintained and supported by the manufacturer
» Google Chrome

OS X: » Latest versions as maintained and supported by the manufacturer
» Google Chrome

IOS: » Latest versions as maintained and supported by the manufacturer
» Google Chrome

Android: » Latest versions as maintained and supported by the manufacturer
» Google Chrome

Adobe Reader or Reader DC (for viewing of PDF documents downloadable from the solution where applicable)

Plug-ins » Flash player: Version as recommended by Adobe
Settings » Enable JavaScript
» Allow cookies

Hardware

Processor: 600MHz
Minimum Hard Disk Space Required: 1GB
RAM: OS Dependent

Audio

The courses contain audio, system requirements for running the courses are browser dependent. Where no enabled audio device is detected and the browser defines that this is required the user will be informed via an error message window upon launching the course.

For more information, please visit our website.

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