



CIEH Certificate Level 1 in Stress Awareness

Course Content

Stress Awareness is a stand-alone Level 1 qualification, which complements the CIEH Health and Safety programmes. It is aimed at raising awareness of likely sources of work-related stress, the range of symptoms and effects it can cause and the options available for its control. While the level of the qualification is aimed at general workers, it would provide a suitable introduction to the issue of work-related stress for more senior staff.

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

The topic areas covered are:

- ❖ Definition of stress
- ❖ Stress as an occupational hazard
- ❖ Identification of basic workplace stressors
- ❖ Development of basic controls for work-related stressors
- ❖ Responsibilities imposed under UK legislation

On completion of the qualification, candidates should be able to:

- ❖ Explain what is meant by the term stress and in particular work-related stress
- ❖ Explain the importance of controlling stress in the workplace
- ❖ Explain the typical stress related factors in the workplace
- ❖ Identify stress in colleagues and themselves
- ❖ Advise on and implement controls in the workplace to reduce stress
- ❖ Monitor colleagues and themselves in relation to stress at work

Course Duration

4 hours

Who Should Attend?

Attendance is open to anyone

Location

The course can be delivered to a maximum of twelve delegates at any one time either on the employer's premises or using QTS' training facility in Colwyn Bay

Entry Requirements

None

Accreditation & Assessment

Accreditation will be awarded to candidates who successfully complete an individual self-assessment



Booking Information

Contact Adrian Townsend on 0845 389 0017

