



Key Legislation: **Health and Safety at Work Act 1974 | Management of Health and Safety at Work Regulations 1999**

KEY STATISTICS

17.1 million
Working days lost to stress, depression and anxiety

51%
Of all work-related ill health cases are due to stress

£28 billion
Annual cost of poor mental health to UK employers

70%
Reduction in sick days with effective stress management training

LEARNING OBJECTIVES

- Understand the HSE Management Standards for work-related stress
- Recognise the signs and symptoms of stress in yourself and others
- Identify the six key work-related stressors
- Apply evidence-based stress management techniques

STEP-BY-STEP GUIDE

- 1 Recognise**
Identify signs of stress: changes in behaviour, mood, performance
- 2 Assess**
Use HSE Stress Indicator Tool to identify key stressors
- 3 Demands**
Review workload, work patterns and the working environment
- 4 Control**
Give employees more say in how they do their work

