



Name: _____ Date: _____ Score: ____ / 8

CIRCLE THE CORRECT ANSWER FOR EACH QUESTION**Q1. How many key work-related stressors does the HSE Management Standards identify?**

- A. 4
- B. 5
- C. 6
- D. 8

Q2. What are the six HSE Management Standards stressors?

- A. Demands, Control, Support, Relationships, Role, Change
- B. Workload, Hours, Pay, Management, Colleagues, Environment
- C. Stress, Anxiety, Depression, Burnout, Fatigue, Pressure
- D. Physical, Mental, Emotional, Social, Financial, Environmental

Q3. What is the difference between stress and pressure?

- A. They are the same thing
- B. Pressure can be motivating; stress occurs when demands exceed a person's ability to cope
- C. Stress is always negative; pressure is always positive
- D. Pressure is physical; stress is mental

Q4. What is a 'burnout'?

- A. A type of workplace accident
- B. A state of chronic stress leading to physical and emotional exhaustion
- C. A motivational technique
- D. A type of performance review

Q5. What is the employer's duty regarding work-related stress?

- A. Stress is a personal problem — employers have no duty
- B. Employers must assess the risk of stress and implement control measures
- C. Employers only need to act if an employee complains
- D. Employers must provide counselling to all staff

Q6. What are the physical symptoms of stress?

- A. Increased productivity and focus
- B. Headaches, fatigue, muscle tension, sleep problems, digestive issues
- C. Improved memory and concentration
- D. Increased appetite and energy

Q7. What is mindfulness?

- A. A type of medication for stress
- B. A mental practice of focusing attention on the present moment without judgement
- C. A relaxation technique involving physical exercise
- D. A type of cognitive behavioural therapy

Q8. What is an Employee Assistance Programme (EAP)?

- A. A performance management system
- B. A confidential support service providing counselling and advice to employees
- C. A health insurance scheme
- D. A workplace gym membership

Answer Key (Trainer Use Only): Q1:C Q2:A Q3:B Q4:B
 Q5:B Q6:B Q7:B Q8:B