





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

