



Salopian Health & Safety Consultancy

CIEH Certificate in Stress Awareness

This qualification complements the CIEH Level 2 Award in Health and Safety in the Workplace. It seeks to advise and guide those interested in protecting themselves and their workforce from the damaging effects of stress.

Who needs this qualification?

Appropriate for all employees, especially those:

- dealing with the public
- working to targets or deadlines
- providing services
- training
- supervising or managing

Why is this training important?

Stress is increasingly a factor in working days lost and the overall reduction in employee effectiveness. The CIEH recognises the importance of understanding stress and the guidance required to manage employees effectively to minimise risk. This certificate will prepare employees to look carefully at their own work activities and contribute to the development of strategies to combat work-related stress, in co-operation with their managers and supervisors.

Learning outcomes

- Identify likely sources of work-related stress
- Identify the range of symptoms and effects stress can cause
- Identify the options available for preventing and controlling stress

Facts

Duration: Half-day programme

Assessment: Individual self-assessment

Ofqual Accredited: No

Prerequisite: Non