

Serial No: N N



Chartered
Institute of
Environmental
Health

CIEH Certificate in Stress Awareness

Candidate assessment record

Candidate's name (in full and block capitals):

Candidate's address:

Post code:

Centre name:

Centre number:

Assessment date:

Trainers please note: only an original candidate assessment record may be submitted.

Keep a copy of the completed candidate assessment record and send the original to CIEH for processing.

I confirm that I have completed the self-assessment and received feedback from my trainer and I confirm that I am the candidate named above.

Candidate's signature:

Date:

I confirm that the candidate named above has completed the self-assessment to a satisfactory level.

Trainer's signature:

Date:

Trainer's name (block capitals):

Trainer no:

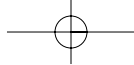
Self-assessment

Complete the 'Stress self-assessment' form (overleaf) in relation to your own role in the workplace. Use the self-assessment to review the likely causes of stress associated with your work. The self-assessment should be personal to you, although you may discuss it with other candidates if you wish.

Even if you do not feel that you are currently experiencing work-related stress, the self-assessment can be completed to identify aspects of work that could potentially cause stress.

There is no time limit for the self-assessment – it is likely to take 30 minutes to an hour to complete. Your trainer may assist you in completing the assessment and give guidance where necessary.

Once you have completed your self-assessment, discuss the outcomes with your trainer who will provide verbal feedback. The trainer will detach the 'Stress self-assessment' form for you to keep for your records.



Trainer feedback report

(To be completed by the trainer)

Components of self-assessment

1 Main aspects of work likely to cause stress

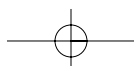
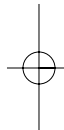
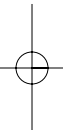
2 Why these aspects are likely to cause stress

3 Signs and symptoms of stress and likely sources

4 Control measures that could, or do, reduce stress

5 What the candidate can do to help to reduce likely stress at work

SAMPLE



Stress self-assessment

(To be completed by the candidate)

Brief description of your work:

1 List the main aspects of your work that you consider most likely to cause you stress. They need not actually cause you stress, but should be aspects with the potential to do so. Try to list at least four aspects. These may relate to particular tasks, work practices, management systems, workplace design and layout, equipment, etc.

2 Try to identify why the aspects identified above are likely to cause stress.

3 Note any signs and symptoms that you experience that are likely to be due to stress and identify the particular aspects of your work that you think are linked to these signs and symptoms.

4 List any control measures that could, or do, help to reduce the stress from the aspects of your work identified in 1. These may be already being applied in your workplace or may be ideas that you think could be of help.

5 What things can you personally do to help reduce the likely stress from your work? These may include action to bring issues to the attention of others – e.g. managers.

SAMPLE



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