

CIEH Certificate in Stress Awareness Course Information

Stress Awareness is a stand-alone qualification, which complements the CIEH Health and Safety programmes. It is aimed at raising awareness of likely sources of work-related stress, the range of symptoms and effects it can cause and the options available for its control. While the level of the qualification is aimed at general workers, it would provide a suitable introduction to the issue of work-related stress for more senior staff.

Successful completion will prepare students 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.

This unit of study can be delivered as a stand-alone qualification and there are no specific pre-requisites.

Topic areas covered

- Definitions of stress.
- Stress as an occupational health hazard.
- Identification of basic workplace stressors.
- Development of basic controls for work-related stressors.
- Responsibilities imposed under UK legislation.

Objectives

By the end of the programme the student will be able to:

- i Explain what is meant by the term stress and in particular work-related stress.
- ii Explain the importance of controlling stress in the workplace.
- iii Explain the typical stress related factors in the workplace.
- iv Identify stress in colleagues and themselves.
- v Advise on and implement controls in the workplace to reduce stress.
- vi Monitor colleagues and themselves in relation to stress at work.

The programme is designed to be delivered in a minimum of 4 hours, plus assessment. The assessment is by means of a review of the students' own work practices and is designed to be completed under tutor supervision following the training.

Training Materials

A tutor training resource package has been specifically designed to assist trainers to deliver the course. The resource package contains:

- detailed session plans, with training tips and guidelines for stimulating interest and involvement.
- CD-ROM with PowerPoint presentation for use on PCs, containing a full set of text and graphic slides. These may be used as a presentation from the CD-ROM, or printed onto acetates. You will not require additional software to run the presentation, although to amend the presentation you will require PowerPoint 95 or a later edition.
- black and white paper masters, including several graphic images, which can be copied onto acetates as necessary.
- 5 laminated picture boards illustrating a variety of workplace environments, for use in exercises and for stimulating discussion.



Chartered
Institute of
Environmental
Health

Customer Services

Chartered Institute of Environmental Health
Chadwick Court, 15 Hatfields, London SE1 8DJ

Telephone 020 7827 5800 (Option 1)

Email customerservices@cieh.org **Web** www.cieh.org/training