



# B-Skill Health & Safety Courses

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## CIEH Foundation Certificate in Stress Awareness

### Designed for

Appropriate for all employees - especially those dealing with the public, working to targets or deadlines, providing services, training, supervising or managing. This qualification seeks to advise and guide those interested in protecting themselves and their workforce from the damaging effects of stress, and will enable employees to contribute to strategies which combat work-related stress.



### Benefits

On completing this qualification candidates will be able to:

- 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

Successful completion 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.

### Course Content

The qualification covers the following topics:

- 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

### Course Information

Duration: 6 Hour Programme  
Assessment: Individual Self Assessment  
Prerequisite: None

### Booking Information:

Telephone Safety Course Bookings on: 0845 2303736  
Email: [safety.training@b-skill.co.uk](mailto:safety.training@b-skill.co.uk)

