

WORK RELATED STRESS

Work related stress is uppermost in the minds of every employer, particularly in the light of recent publications from the Health & Safety Executive. I would certainly urge you to consider purchasing the HSE's recent pack called Real Solutions Real People, ISBN 0-7176-2767-5 currently priced at £25.00.

The Health & Safety Executive has always maintained that stress should be viewed as any other hazard within the workplace, and a Risk Assessment should be undertaken in the same way as one assesses the risk of noise, manual handling, dust, temperature, etc. We at PHC have been attempting to produce a risk assessment tool that is able to be used by non-medical managers and is simple but effective.

I enclose PHC's work-related risk assessment tool and hope that you will find it useful and be able to add it to your armoury of initiatives to address psychological pressures within the workplace.

PHC are able to assist you in other ways. If you have not yet considered writing a policy to manage stress within your workplace we would urge you to do so, and we can help you with draft proformas for this. If you wish to consider auditing stress within your particular workplace PHC have software programmes to assist you with this. If you have any further questions please do not hesitate to contact us at talk2us@phcohealth.co.uk or call Jane Puncher on 01622-775285.

Kind regards.

Dr John Mason MBBS AFOM LFOM MIOSH
Occupational Health Physician
The Preventative Healthcare Company Ltd

10th May 2004

WORK RELATED STRESS RISK ASSESSMENT TOOL

