

Introduction

Stress can affect anyone in the workplace. It can have a detrimental effect on employees and employers alike and is a major cause of sickness absence in the workplace in the UK. It costs over £5 billion a year. Stress can affect the individual's health, both physically and mentally. It affects how a person thinks, feels and behaves, which ultimately can affect an individual's performance at work. It is in the interest of employers and employees to understand signs of stress, how it can be avoided and what to do if it becomes an issue in the workplace.

Who it is for

This course has been designed for everyone in the workplace.

Course aim

The aim of this course is to raise awareness of the signs and symptoms of stress, what can cause it, and actions that can be taken to help reduce and manage it in the workplace.

Course content

This online course covers the following topics:

- Workplace stress case study
- What stress is
- Causes of stress
- Signs of workplace stress
- Statistics
- The law
- Employers duties
- Actions to take

Course duration

The average time required to complete the learning is approximately **30 minutes**, however the course is designed to go at the pace of the learner and can be completed in more time if needed.

Assessment

The online assessment for the course consists of **15 multiple choice**. In order to be successful, candidates must achieve a **75% (12 or above)** pass mark to obtain the certificate.

Certification

On successful completion of the assessment, the candidate will be able to print/save their certificate. In addition to this, an e-mail is sent to the candidate containing a link to the certificate. This is the simplest, most convenient way to achieve compliance. Also, a QR code has been added to the certificate which can be scanned by a smartphone to establish the certificate's validity.

For further information relating to this or any of our online courses, contact:

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