

Sentinel Safety Solutions Ltd



Stress Awareness



Course Info

Aimed at general workers to raise awareness of likely sources of work-related stress, range of symptoms and effects it can cause and options available for its control.

Course Location

On site at your premises or at our dedicated training facility at Sentinel House

Course Duration

Half day

No. of delegates

15 maximum

Key Topics

- Definitions of stress
- Stress as an occupational health hazard
- Basic workplace stressors
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Assessment

Review of delegate's own work practices completed under tutor supervision following training.

Qualification

On passing the assessment, participants will receive a nationally recognised Level 1 Health and Safety qualification from the Chartered Institute of Environmental Health.

All courses are delivered by qualified trainers with extensive experience in industry and/or enforcement agencies

FOR AVAILABLE DATES PLEASE CALL +44 (0) 1527 833834

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