

# Occupational Stress Management

So how much did **Stress** cost **your** organisation last year? How about today? When you consider the research finding that puts the cost of one day's absence from work at 3x the absent employee's salary, it starts to add up...

Safety legislation requires that the employer take "all practicable steps" to ensure the health and safety of his/her employees. In return, the employee has an obligation to report workplace hazards, including stress-related issues, to their employer. Health and safety is very much a two-way responsibility.

We know that stress is a real issue in the workplace and that stressed employees can have a detrimental effect on business. They're often not as productive as they should be, they can make bad decisions, have accidents and eventually they leave – often costing the employer even more money! So, in tight labour market conditions such as those currently being experienced, it is worth examining ways of managing stress in a positive way in order to retain and build a happy, productive workforce.

In doing this we will look briefly at the following:

- Understanding the negative – learning the lessons from Employers who have got it wrong.
- Building the positive – using these lessons to develop positive systems for managing "stress" issues.
- Keeping your employees – build your competitive advantage and keep good staff through "proactive" stress management

## Target Audience:

The workshop will be of particular benefit to Safety and HR Professionals seeking an in-depth understanding of the role of stress in accident causation and workplace productivity, as well as how to develop and implement effective stress management strategies.

## Duration:

1 day



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M A R I N E

For more detailed information on this or any other any specialised training or consultancy services, please contact Eric Holliday on [eric.holliday@prosafemarine.com](mailto:eric.holliday@prosafemarine.com) or for general queries, please mail [info@prosafemarine.com](mailto:info@prosafemarine.com)