

NEBOSH HSE Certificate in Managing Stress at Work



Duration: 1 Day plus Assessment

Overview: NEBOSH has collaborated with Great Britain's Health and Safety Regulator, the Health and Safety Executive (HSE), to develop the NEBOSH HSE Certificate in Managing Stress at Work. This qualification is designed to help delegates identify and reduce workplace stressors in order to create a positive, healthier workplace.

Who's it for: This qualification is suitable for anyone responsible for managing people or for managing workplace stress. This may include:

- Health and Safety professionals
- Human Resource professionals
- Line managers and supervisors
- Occupational health professionals

Through studying the qualification, individuals will undertake in-depth, best practice learning from which they will understand the six key areas of work design and how to identify warning signs and implement strategic interventions.

What will I Learn?

The NEBOSH HSE Certificate in Managing Stress at Work aims to help you understand the key principles of work-related stress and its relationship to mental ill health issues. Beyond this you will learn:

- How to recognise the causes and effects of workplace stress
- The responsibilities of employers and individual roles in managing workplace stress
- How to apply the HSE's Management Standards approach to assess stress risks in the workplace
- How to develop suitable interventions to address stressors, reduce negative impacts, and manage the effects of stress in the workplace
- Ways to continually improve your organisation and create a great place to work

Advantages for employers

Investing in the understanding and prevention of work-related stress and improved wellbeing can benefit your organisation in several ways. This qualification will help you to:

- Build valuable in-house expertise
- Improve staff attendance levels and reduce absences
- Boost staff performance and productivity
- Enhance your organisation's reputation
- Build organisational and workforce resilience
- Reduce the threat of litigation
- Create a safer and healthier work environment

For further information please contact us on:

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Bemac Training Ltd, Unit 10 Nutts Corner Business Park, Dundrod Road, Crumlin, Co. Antrim BT29 4SR



This qualification will give you confidence that your team is trained in HSE's current approach to managing and controlling stress at work. By adopting the principles taught in this qualification you can empower your employees to create a positive workplace, and significantly reduce the causes and effects of workplace stress

Assessment: A multiple-choice assessment is completed at the end of the course. You will be presented with a realistic workplace scenario and will answer multiple-choice questions focused on the principles learnt throughout the course.

This course is CITB approved and grant aid may be available for those companies registered with CITB or Invest Northern Ireland.

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