

NEBOSH HSE Certificate

In Managing Stress at Work

Introduction

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

Course Duration

SSG offer this course over one day as a classroom course.

Course Attendees

This course is suitable for anyone responsible for managing people or workplace stress. This may include health and safety professionals, human resource professionals, line managers and supervisors, occupational health professionals.

Note

It is important that learners have a suitable standard of English language in order to understand and articulate the concepts contained in the syllabus. Learners should reach a minimum standard of English equivalent to an International English Language Testing System (IELTS) score of 6.0 or higher in IELTS tests.

Course Programme

This course aims to help delegates understand the key principles of work-related stress and its relationship to mental ill health issues. On completion of the course, delegates will be able to:

- Explain the business case for addressing workplace stress and associated mental health issues
- Understand the legal requirements, roles and responsibilities for managing workplace stress
- Recognise the signs and effects of workplace stress
- Identify the six aspects of workplace design which can cause workplace stress and mental ill health
- Apply the HSE's management standards approach to identify and assess work-related stress risks
- Develop suitable interventions to reduce the causes and effects of workplace stress

Training Certification and Assessment

Delegates will be assessed through a one-hour multiple-choice, open-book assessment based on a realistic workplace scenario. Following successful completion of the course and assessment, they will receive a NEBOSH certificate.

Suggested Follow on and Complementary Courses

- NEBOSH National General Certificate in Occupational Health and Safety
- NEBOSH HSE Certificate in Health and Safety Leadership Excellence