



Stress at Work

Jeremy Stranks

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Work-related stress and resulting sickness absence costs the UK economy about £3.7 billion every year (HSE research). In this jargon-free guide, Jeremy Stranks explains what stress is and what causes it, how people respond to stress and cope with it, how stress can be evaluated and managed and what employers' legal responsibilities are.

Written for managers, HR professionals and safety reps, the emphasis of this book is strongly on practical advice and solutions. The author provides simple tools to measure and assess stress and shows how to deal with a range of stress-creating workplace situations, such as bullying, harassment and violence at work. The book also details how to implement a stress management system that complies with the new HSE Management Standards to avoid civil claims and criminal sanctions by the enforcement agencies.

End of chapter key points draw out the implications of the preceding text for the employer and an executive summary shows the main aspects that senior management have to be aware of. In addition, the book contains forms and templates to help with managing stress. These are also available for download on the companion website.

Stress at Work will also be a valuable reference for students on the following courses as part of modules concerned with Human Factors: NEBOSH Certificate and Diploma courses, MSc courses in Occupational Health and Safety Management, IOSH Managing Safely, British Safety Council diploma and NVQ level 3 and 4 courses in Occupational Safety and Health.

Jeremy Stranks has 40 years of experience in occupational safety and health enforcement, management, consultancy and training. He is a founding member of NEBOSH and has lectured on numerous training courses on all aspects of health and safety. His company Safety and Hygiene Consultants offers companies advice in drawing up Health and Safety policies, writing risk assessments and audit procedures.

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