

HEALTHY WORKPLACES MANAGE STRESS 2014-2015

A **HEALTHY WORKFORCE** is essential for running a **SUCCESSFUL BUSINESS**

PSYCHOSOCIAL RISK ASSESSMENT

can be done just like any other risk assessment



- 1 **Identify** hazards and those at risk
- 2 **Evaluate** & prioritise risks
- 3 **Take action** on preventive and corrective measures
- 4 **Monitor** & review

SOLUTIONS TO PREVENT STRESS

and create a **good psychosocial work environment**

Ensure workers have enough time and autonomy to manage their work

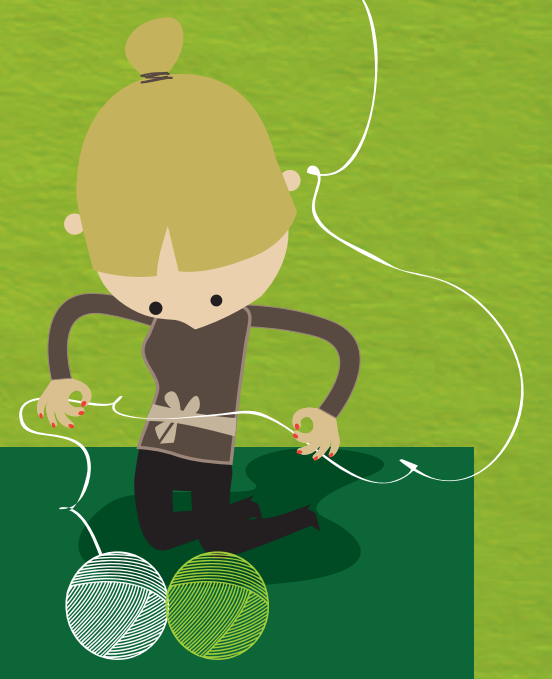
Clarify roles and tasks, providing regular constructive feedback

Inform workers about change and involve them in decision-making

Implement policies to prevent harassment and violence

Ensure fair work distribution and rewards

Facilitate open and two-way communication



BENEFITS



for **WORKERS**

greater well-being and job satisfaction



for **MANAGERS**

a healthier, more motivated and productive workforce



for **WORKPLACES**

improved performance, reduced accident and injury rates, lower absenteeism



for **SOCIETY**

lower costs and reduced burden on services

