

## Accessing information on stress at work from <http://agency.osha.eu.int/ew2002/>

### Introduction

More than one in four workers are affected by work-related stress (WRS) in the European Union. The Agency is producing a series of fact sheets to help tackle WRS and some of its key causes such as bullying and violence at work. This fact sheet will show you how to access information on WRS and its key causes, from the Agency website.

### Information sources

#### European Week web pages

European Week for Safety and Health at Work is an annual information campaign to raise awareness of health and safety risks and promote effective good practice in Europe's workplaces. It is organised by the European Agency and its network of national Focal Points, and the Week takes place every October.

The theme for the European Week 2002 is 'Prevention of stress and psychosocial risks'. To mark this, the Agency has launched a website that brings together information to help you prepare for the Week. The website will be maintained as a resource for the future. It is available at <http://osha.eu.int/ew2002>



### The European Week website: a step-by-step guide



The **magazine**, available in 4 languages, promotes cross-European discussion and action on WRS for an informed audience.

More comprehensive information is given in the Agency publication "**Research on Work-related Stress**", available for downloading free of charge.

Links give information on **preventing accidents** where WRS and psychosocial issues may be factors.

A number of **fact sheets** are available in all Member State languages; they summarise information, and are aimed particularly at the workplace level.

A report on programmes, practices and experiences in **tackling psychosocial issues and WRS** sets out case studies from Member States, illustrating how these topics have been successfully tackled at national, regional or local level.

Sector information is available. So far, the **healthcare sector** has been addressed, and many links are available to information that will help reduce stress and psychosocial risks in this sector.

Two more fact sheets will soon be available: one on practical advice for workers on stress at work and a summary of a report on programmes, practices and experiences in tackling psychosocial issues and WRS.

*From November 2002, European Good Practice Awards and solutions*

As part of European Week, the Agency runs an annual competition for enterprises in Member States who have made innovative interventions to prevent workplace risks. In 2002 awards will be made for successful prevention of WRS and psychosocial risks. The Awards are presented at the Week's closing event and the good practice examples are published by the Agency in print and on the web. These examples can inspire enterprises to take similar action.

*Good practice information*

Good practice information is intended for those at the workplace level and should help reduce risks.



Information on **research** on WRS and psychosocial issues can be accessed too.

A powerful **search** engine helps to identify what is available.

**Translation help** is provided, using a variety of on-line translation tools.

Quality-assured information is available from this gateway to Member States, other European countries and the rest of the world. This information is available in a variety of languages.

Information on stress is divided into a number of categories. For example: **Risk assessment** – contains guides to risk assessment and risk reduction, and information on how to prevent stress in specific occupations; and **Case studies** – examples of workplace actions can be identified as well as reports on cost-benefit analyses of stress prevention interventions.

**Information exchange**

The Good Practice Online Forum gives users the opportunity to discuss WRS issues with others – they can share solutions, compare experiences and discuss problems.



**Further information**

The Agency's website is <http://agency.osha.eu.int>