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

Safety and health at work is everyone’s concern. It’s good for you. It’s good for business.
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