

NEBOSH Certificate in Managing Stress at Work

Introduction

The NEBOSH HSE Certificate in Managing Stress at Work qualification will give learners the knowledge to be able to recognise the causes and effects of stress; identify the risks within their workplace; and apply suitable interventions to prevent and reduce stress.

It is suited to anyone responsible for managing and reducing work-related stress within their organisation, such as line managers, Human Resource employees and health and safety professionals.

The syllabus and accompanying workbook have been developed by NEBOSH, in conjunction with Great Britain's Health and Safety Regulator, the Health and Safety Executive (HSE), and is based on published HSE guidance.

Course Objectives

When you have completed the qualification, you will understand:

- How to recognise the causes and effects of workplace stress
- The responsibilities of employers and individual roles in managing workplace stress
- How to apply the HSE's Management Standards approach to assess stress risks in the workplace
- How to develop suitable interventions to address stressors, reduce negative impacts, and manage the effects of stress in the workplace

Course Outline

MSW1 – Managing Stress at Work

Element 1 – Key Principles

Element 2 – Identification of Risk

Element 3 – Implementing Interventions

Duration: 1 Day Course

Assessment: The qualification has one unit assessment: a one hour, multiple - choice assessment. Learners will be presented with a realistic workplace scenario, and asked 20 multiple - choice questions about the scenario based on the course learning outcomes

The aim of the assessment is for learners to practically apply their knowledge and understanding gained from their studies of the Managing Stress at Work (MSW) syllabus

It is an open-book assessment, so learners are able to refer to their course book or notes during the assessment

Learners must achieve a 'pass' (60% or higher) to be awarded the qualification

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