

Work-related Stress.

No	Activity	Hazard	Person(s) in Danger	Control Measures	Residual Risk Rating
12	All work activities	Effects of Stress Risks of illness, high levels of sickness absence, staff turnover and other issues.	Employees Contractors	<ul style="list-style-type: none"> • Ensure regular contact with your Line Manager manager or Team Leader to discuss workload and any areas of concern. • Ensure you only undertake tasks you are trained to do. • Ensure your working hours (including overtime) are not exceeded. • Ensure you take your full holiday entitlement. • Attend training as requested. Report all bullying and harassment to your Line Manager or Team Leader. • Be vigilant and offer additional support to others who are/may be suffering from stress. • If you feel you may be experiencing too much pressure without the opportunity to recover then inform your Line Manager or Team Leader. • Take part in any discussions to help prevent excessive pressure and stress by providing open and honest answers and information. • Ensure staff are informed of Health and Wellbeing Calendar updates. • Breathe calmly and remove yourself from any difficult situations. • Reduce stress by taking care of yourself and ensuring you get enough sleep. • Get moving – exercise and make good food choices. 	Low