

Stress in the construction industry

Chartered Institute of Building - Stress and mental health issues in construction



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Stress

Move the worker to rest in a cool area. But there may also be deeper issues at play than just the stress of the work.

Is Construction Management Stressful? 7 Causes Of Stress

For them, it sent a clear message that leaders needed to do more to support their employees. Stress has a huge effect on employees and their mental health, and in recent years it has led to some shockingly tragic statistics. Whatever the initial cause of mental ill-health employers have a duty of care to ensure the mental health of their employees especially once an issue is known.

Addressing the Root of the Stress Problem in Construction

For stress that is caused by a particular aspect of their job, employees can look at ways to minimise it or avoid it.

Heat Stress in Construction

The long work hours can cause workers to feel exhausted and make them increasingly susceptible to stress. Construction workers often work outdoors during the hottest times of the year. NIOSH fast facts: protecting yourself from heat stress.

Stress

Then there are riskier setups.

Addressing Job Stress In The Construction Industry

Kays Medicals Occupational Health specialists can help with workplace stress issues effectively and sensitively, delivering a risk-based solution.

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