**WORKSHOP ON OCCUPATIONAL STRESS**

**Julie Hitchens,** Senior Science Technician,

Penrhos College, Perth, Western Australia

jhitchen@penrhos.wa.edu.au

This workshop is about:

1. **The OSH perspective on Occupational Stress** – Stress in the workplace is becoming a major concern for employers, universities, schools etc, owing to the OSH legislations requiring employers to practice ‘duty of care’.
2. **The impact of work on a person’s stress levels** – increased workload, lack of recognition, lack of training, inadequate staff numbers and resources etc
3. **Managing the risk of occupational stress:**

* **How to identify the hazard** – can have a huge impact on overall health of the worker e.g. headaches, insomnia, anger etc.
* **How to assess the risk of occupational stress** – absenteeism, accidents, high staff turnover etc.
* **Controlling occupational stress** – educate staff to recognise the signs of stress, improve employer-employee communications, provide support etc.

1. **Guidance in dealing with Occupational Stress** – Keep a journal that monitors dates and times of stress to detect re-occurring patterns and to help discover changes that may need to be made.