



WATA Knows... and you can too!

Health and Safety Courses

CIEH Foundation Certificate in Stress Awareness – 1 Day

The WATA route to success

Stress is increasingly a factor in the loss of working days and reduction in employee effectiveness. This course raises awareness of the likely sources of work related stress. It is aimed at general workers and also serves as an introduction to the issue for more senior staff. The qualification will enable employees to contribute to strategies that combat work-related stress.

What does the course cover?

- definitions of stress
- stress as an occupational health hazard
- identification of basic workplace stressors
- development of basic controls for work-related stress
- responsibilities imposed under UK legislation

This is a stand-alone Level 1 qualification complementing the CIEH Level 2 Award in Health and Safety in the Workplace. Assessment is by individual self assessment.

CIEH now require all delegates to provide photo ID (eg. passport, driving licence, work pass) in order to sit the assessment. Delegates who do not produce photo ID will not be allowed to sit the exam.

Who is the course suitable for?

Appropriate for all employees – especially those dealing with the public, working to targets or deadlines, providing services, training, supervising or managing.

Course Dates

2011: 5 Oct; 19 Dec

2012: 24 Feb; 26 Sep

Course Fees: £225 + VAT per delegate

Including lunch, refreshments and course handouts

In-company courses by arrangement.

Duration:

1 day (9:15 am to 4. 30 pm approximately - please arrive 15 minutes before the course is due to commence)

We provide training in a relaxed atmosphere at our training centre which is located in Huntingdon, Cambridgeshire