



PSYCHOSOCIAL HAZARDS IN THE WORKPLACE

"Workplace psychosocial hazards can lead to significant physical and mental health problems." - World Health Organization

This training course provides an overview of psychosocial hazards in the workplace. It covers topics such as identifying, assessing, and preventing potential risks to physical and mental health. Participants will gain a better understanding of the impact of psychosocial hazards on productivity and performance, as well as methods for responding and managing such risks. Participants will learn how to recognize and develop strategies to address these hazards. The course also provides an opportunity to reflect on how individual and organizational values shape our approach to creating healthier work environments.

Key Course Content:

- Understand how workplace psychosocial hazards can impact employees' mental health and well-being
- Learn about common types of psychosocial hazards in the workplace
- Develop skills to recognize, assess, and mitigate psychosocial hazards in the workplace
- Understand company policies related to psychosocial hazards
- Implement strategies to help workers proactively manage their own work-related stress
- Utilize effective communication techniques to address sensitive issues related to psychosocial hazards
- Create an effective workplace culture that encourages open discussion regarding psychological wellbeing
- Develop actionable solutions to address areas of concern related to psychological hazards



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated ½ day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.