

OBSRDL012

## Stress Management

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**Duration** 30 Minutes

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**Target group** Oil & Gas Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective**

- LO1: Define stress and work-related stress
- LO2: Explain why stress needs to be tackled
- LO3: Identify the signs of stress
- LO4: Explain what you can do when you notice signs of stress
- LO5: Explain what you can do to deal with mental illness
- LO6: Explain the management standards approach to dealing with work related stress
- LO7: Explain each of the six standards: demands, control, support, relationships, role, change
- LO8: List the steps in the management approach to risk assess work-related stress

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**Contents**

The course is available in the following languages: English; Bahasa Malay; Indonesian; Thai; Turkish

This course details the Management Standards Approach for work related stress management and each of the six standards: Demands, Control, Support, Relationships, Role and Change.

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**Exam**

The assessment is taken during the course and is within the expected duration.