

OBSRDL012

## Stress Management

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| <b>Duration</b> | 30 Minutes |
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| <b>Target group</b> | Oil & Gas Industry |
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| <b>Prerequisites</b> | No prerequisites are required to sit this course. |
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| <b>Objective</b> | LO1: Define stress and work-related stress<br>LO2: Explain why stress needs to be tackled<br>LO3: Identify the signs of stress<br>LO4: Explain what you can do when you notice signs of stress<br>LO5: Explain what you can do to deal with mental illness<br>LO6: Explain the management standards approach to dealing with work related stress<br>LO7: Explain each of the six standards: demands, control, support, relationships, role, change<br>LO8: List the steps in the management approach to risk assess work-related stress |
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| <b>Contents</b> | The course is available in the following languages: English; Bahasa Malay; Indonesian; Thai<br>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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| <b>Exam</b> | This course is CPD approved. The assessment is taken during the course and is within the expected duration. |
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