RelyOn Nutec
360° Safety

OBSRDL012

Stress Management

Duration	30 Minutes
Target group	Oil & Gas Industry
Prerequisites	No prerequisites are required to sit this course.
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 L08: List the steps in the management approach to risk assess work-related stress
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.
Exam	The assessment is taken during the course and is within the expected duration.