

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 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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<b>Contents</b>	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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<b>Exam</b>	The assessment is taken during the course and is within the expected duration.
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