

<b>Course code</b>	OBSRDL012
<b>Course name</b>	Stress Management
<b>Duration</b>	30 Minutes
<b>Target group</b>	Oil & Gas Industry
<b>Prerequisites</b>	No prerequisites are required to sit this course.
<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
<b>Contents</b>	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.
<b>Exam</b>	The assessment is taken during the course and is within the expected duration.