



HEALTH & SAFETY ON STRESS MANAGEMENT

1

STRESS POLICY

What we want to manage to appropriately assess and manage the risk of work-related stress to staff and how this will be achieved

- Incorporating the HSE Work related stress Management Standards
- Who will take these roles and responsibilities – including how Mental First Aiders can fit into your stress management structure
- Training needs for those with additional responsibilities and line management roles

2

STRESS RISK ASSESSMENT PROCESS

A template tailored to your teams and school arrangements

- Meeting arrangements utilizing HSE Educational Talking Tool kit
- Employee Support Services
- HR support

3

TRAINING NEEDS

- All staff work related stress training
- Line Manager support training
- Mental Health First Aider Training

4

STAFF WELLBEING

Positive additions to aid work related stress

- Group activities and sessions
- Self-care information