

# Occupational stress

Occupational stress is the fastest growing source of WorkCover claims. These claims are often the most expensive and difficult to manage. OHS legislation now requires employers to protect the physical and psychological health of their employees. A large fine can ruin your business, so make sure you protect your organisation without delay.

## Training Outcomes:

- Identify and describe occupational stress hazards
- Identify the signs of occupational stress
- Develop solutions to control stress hazards
- Implement solutions to control stress hazards



## 3 Steps to getting your Occupational Stress action plan:

1. Contact us today 03 9805 8000 or email [mail@preftrain.com](mailto:mail@preftrain.com) and give us an overview of your Occupational Stress program requirements.
2. We will organise a subject expert with proven experience on a similar Occupational Stress program to contact you with some ideas.
3. We will send you an Occupational Stress program proposal and a quote the very next day.

**Preferred Training Networks** is Australia's first referred learning network comprising of OHS trainers, facilitators, coaches, instructional designers and consultants, all referred by senior management from Australia's top 500 companies. The aim of the Network is to provide risk-free quality learning solutions to keep your people safe in the workplace.

To find out more please visit [www.preftrain.com](http://www.preftrain.com)

**Preferred Training Networks** Suite 2/144 Camberwell Road, Hawthorn East, VIC, 3123

**Ph:** (03) 9805 8000 **Fax:** (03) 9882 9471 **Email:** [mail@preftrain.com](mailto:mail@preftrain.com) **Web:** [www.preftrain.com](http://www.preftrain.com)