

## NEBOSH HSE Certificate in Managing Stress at Work Level 3

### Summary

On this course, you will gain an understanding of the business benefits of reducing stress at work. You will learn how to recognise the causes and effects of stress, as well as identifying the risks of it within the workplace. You will also find out how to apply suitable interventions to prevent and reduce stress. This qualification is suitable for anyone responsible for managing people or for managing workplace stress, including Health and Safety professionals, Human Resource professionals, Line managers and supervisors. Exam fees are included.

<b>Course Provider</b>	RRC International Tuition House, 27-37 St George's Road, London SW19 4DS 0208 944 3100   <a href="http://www.rrc.co.uk">www.rrc.co.uk</a>
<b>Qualification Accreditation</b>	National Examination Board in Occupational Safety and Health (NEBOSH)
<b>Academic level</b>	3
<b>PET entry requirements</b>	Level 2 English
<b>Format of course material</b>	Paper-based
<b>Structure of course</b>	<ul style="list-style-type: none"> <li>• The causes and effects of workplace stress</li> <li>• The responsibilities of employers in managing workplace stress</li> <li>• Applying the HSE's Management Standards approach to assess stress risks in the workplace</li> <li>• How to develop suitable interventions to address stressors, reduce negative impacts, and manage the effects of stress in the workplace</li> <li>• Ways to continually improve your organisation and create a great place to work</li> </ul>
<b>Assignments</b>	Self-assessed activities and a mock exam
<b>Exam</b>	1 invigilated, closed book exam (60 minutes)
<b>Study hours</b>	12 hours
<b>Course expiry date</b>	6 months
<b>Prison support requirements</b>	Facilitate tutor support via email. This often requires scanning learner assignments and email them to their tutor.
<b>Supplier tutor's support</b>	Yes - accessed via prison staff. Assignment feedback given and questions answered.



<b>Certificate</b>	A printed certificate is provided upon successful completion.
<b>Progress</b>	There are range of possible progression options, including several other Level 3 NEBOSH Certificate courses. Call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).