

Are Your Employees Stressed? Comply with current legislation to reduce stress in the workplace with Praxis42's new eLearning courses

Submitted by: Write Stuff PR

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Stress in the workplace is a common and growing problem. It is a significant cause of illness and disease and is known to be linked with high levels of sickness absence, staff turnover and organisational underperformance. Health and Safety Executive (HSE) statistics show that on average a case of stress-related ill health can lead to 29 working days of sick absence and more than 13.4 million days every year are lost in UK organisations due to stress, depression or anxiety.

With British industry suffering from such widespread stress related problems, the HSE is increasingly expecting organisations to focus on strategies which manage and reduce stress in the workplace.

As a response, leading health and safety training company, Praxis42, has introduced a new range of stress management elearning courses (<http://www.praxis42.com>)– now all offering the added benefit of CPD certification.

Mike Stevens, head of training at Praxis42 said: "Recent statistics confirm that work-related stress is widespread in the UK working population. Studies have shown that about one in five people find their work stressful and over half a million people say they have experienced work-related stress at a level they believe has actually made them ill. What's just as worrying is this problem is not confined to any particular job function, industry sectors, high risk jobs or industries."

Praxis42's new Stress Awareness for Employees and Stress Awareness for Managers aim to help organisations comply with the legal requirements placed on employers to ensure that stress in the workplace is properly managed and that risk assessments are carried out.

Both training courses will help ensure that employees and managers are aware of the causes of stress and how they can play a part in helping to reduce it in the workplace. Trainees will learn the difference between stress and pressure and recognise the common signs and symptoms of stress in themselves and others.

As with all Praxis42 training courses trainees successfully completing the course and end assessment will be awarded a certificate of training.

All Praxis42's courses have now been awarded with continuing professional development (CPD) certification which means that the courses have been independently assessed as suitable for industry-wide, pan-disciplinary CPD purposes. This feature is of great benefit to organisations committed to continuing professional or personal development of their managers and employees and seeking to ensure that training meets a recognised level.

All Praxis42 elearning solutions are available with CPD accreditation and include titles such as Managing Safety, Environmental Awareness, Fire Safety, Office Safety, and Safe Use of Display Screen Equipment.

Praxis42 is a leading provider of health, safety and environment consultancy and training solutions through their team of Chartered Safety Practitioners. For further information visit www.praxis42.com, call 0870 446 4201 or email sales@praxis42.com

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