

Cowan Transport Ltd

Ashfield House, Deighton Lane, Deighton, DL6 2SW

Location: Office & Depots

Title : Stress in the Workplace	Date of Assessment : 09/05/2021	Risk Assessor : Rebecca Cowan
Risk Assessment Reference : 06	People involved in making this assessment : Rebecca Cowan	
Task/ Process : Stress in the Workplace	People at Risk : Employees, Contractors	

Hazard : Stress Workloads are excessive leading to long hours causing ill health
Control Measures:
1. Staff can talk to the members of management team if they are feeling unwell or are uneasy about situations in the workplace.
2. Staff understand their role and duties attached to their position.
3. Staff are aware of permitted breaks during the working day
4. Managers are aware of their team members' workload and staff are aware that they are able to raise any issue relating to work load and seek support from their managers.
5. Staff are provided with realistic deadlines and support in meetings these deadlines where necessary
6. Staff are given support through additional training or assistance if it is identified as needed to support them in completing tasks related to their job.
7. Individual workloads to be planned and regularly reviewed
8. Consideration given (where applicable) to change of duties, either temporary or permanently as a means of reducing workloads or specific stressors.
9. Staff are kept informed and involved with company or work changes
10. Regular contact within teams to allow an exchange of information

Documents Associated with this Risk Assessment:	
Review Date : 09/05/2022	Reviewer : Rebecca Cowan