



# Managing the Risk of Workplace Stress: Health and Safety Hazards

*Sharon Clarke, Cary Cooper*

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Working in a stressful environment not only increases the risk of physical illness or distress, but also increases the likelihood of workplace accidents. While legislation provides some guidelines for risk assessment of physical hazards, there remains limited guidance on the risks of psychosocial hazards, such as occupational stress.

This book takes the risk management approach to stress evaluation in the workplace, offering practical guidelines for the audit, assessment and mitigation of workplace stressors. Based on research and case studies, this book provides a comprehensive source of theoretical and practical information for students and practitioners alike. It includes chapters on:

- \* environmental stress factors
- \* psychological stress factors
- \* work-related accidents
- \* job stress evaluation methods

With its up-to-date approach to a fascinating area of study, this is key reading for all students of organizational psychology and those responsible for workplace safety.

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