



# Workplace Stress



***Job stress can lead to poor health and even injury. Job stress is the physical and emotional harm that occurs when the demands of the work do not match the worker's abilities or the available resources.***

## **Frank's Story**

Frank was working on a project that was behind schedule. He tried to work faster, but it began to affect the quality of his work. As a result, the foreman kept yelling at him. Frank suffered a psychological breakdown as a result of the pressure.

✘ **How could this incident have been avoided?**

✘ **Has someone you worked with suffered from job stress? If so, how was it dealt with? What could have been done to deal with it better?**

## **Remember This**

- Ask for help if you are feeling overwhelmed by the work. Look out for your co-workers. If one is showing signs of stress, if possible, offer to help.
- Tell your supervisor or your shop steward if you feel the schedule is creating pressure that is affecting your work and health.
- Reduce job stress by taking good care of yourself.
- Exercise regularly. Exercise is a powerful stress reliever.
- Make sure you see a doctor if you notice any of the following:
  - Frequent headaches
  - Inability to sleep
  - Difficulty concentrating
  - Upset stomach
  - Short temper

## **How can we stay safe today?**

What will we do at the worksite to prevent workplace stress?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
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OSHA Standard: 1926.56



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