Stress Management

Effective date	17 June 2008
Date reviewed	1 June 2012
Review date	February 2015
Guideline owner	Human Resource – Work Health & Safety
Applies to	All Parish workers - Employees, Contractors, Sub-Contractors, Volunteers; & Visitors
Legislative requirements	WHS Act 2011 & WHS Regulation 2011 WHS Regulation 2011 Part 4.2 How to Manage Work Health and Safety Risks Code of Practice Work Health and Safety Consultation, Co-operation and Co-ordination Code of Practice
Pages	**1**

Policy

The Parish recognises that work conditions can cause stress. Where possible, stress will be minimised through operational management, including planning and scheduling to ensure workers are given appropriate time frames in which to complete tasks. In addition, amenities and appropriate work breaks will be provided.

If a worker is suffering from work related stress, they should discuss the situation with their supervisor, WHS representative or the Parish Priest. Discussion will centre on determining the cause of the stress and whether it can be prevented or reduced. Where necessary or appropriate, other workers and management may be consulted on the issue.

The Diocese will also provide an Employee Assistance Program if required.