

STRESS AT WORK CHECKLIST

THIS CHECKLIST HAS BEEN BASED ON THE INFORMATION AVAILABLE ON THE HSE WEBSITE www.hse.gov.uk

In your opinion:	Red	Yellow	Green
Demands - Is your work achievable in your normal working hours?	No	Sometimes	Yes
Demands - Do you feel you have the skills and abilities to meet the demands of your job? Is suitable training available for your job?	No	Sometimes	Yes
Demands - Is the work environment fit for purpose e.g. privacy, noise etc?	No	Sometimes	Yes
Control - Do you have a say in the way you do your work?	No	Sometimes	Yes
Control - Are you encouraged to use your skills and initiative?	No	Sometimes	Yes
Control - are you consulted over your work patterns, e.g. you have say over when breaks can be taken?	No	Sometimes	Yes
Support - Do you feel you are supported by your managers/ supervisors?	No	Sometimes	Yes
Support - Do you feel supported by your colleagues?	No	Sometimes	Yes
Support - do you have adequate feedback and resources to enable you to carry out your role?	No	Sometimes	Yes
Relationships - Are there problems with communication within your department?	Yes	Sometimes	No
Relationships - Are relationships at work strained?	Yes	Sometimes	No
Relationships - Are staff subject to unacceptable behaviour from others e.g. bullying, blame culture within your ward / department?	Yes	Sometimes	No
Role - Do you have clearly defined job roles and know what's expected of you?	No	Sometimes	Yes
Change - Do feel you are consulted with changes at work?	No	Sometimes	Yes
Change - Have you experienced any major changes in the work place which have been distressing?	Yes	Changes are likely	No

Score 2 for each red answer, 1 for each yellow answer, and 0 for each green answer.

0 – 5 Low stress
6 – 15 Mild stress
16 – 20 Moderate stress
21 – 30 High stress