Workplace Stress Prevention Checklist

written by Rory Lodge | September 6, 2013

This Checklist, which comes from the International Labour Organization, sets out a series of 53 potential risk factors and measures addressing them to consider in assessing mental stress hazards at your workplace and determining measures to control them.

Instructions: You can consider all 53 **or** just the listed items that fit the conditions of your own workplace. Read each item carefully. Mark NO or YES under "Do you propose action?"

- **Mark NO:** If the risk factor the measure addresses doesn't apply to your workplace, the measure isn't needed, has already been taken or isn't appropriate;
- **Mark YES:** If you think the measure is worthwhile;
- Use the space under "Remarks" to write your suggestion or note its location.