



Workplace Stress

Job stress is the physical and emotional harm that occurs when the requirements of a job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury.

Here is an Example

In 1990, a local court upheld a compensation claim by a construction worker who had difficulty keeping up with the pressures of the job site. To avoid falling behind, he tried to take on more tasks and often got parts mixed up. As a result, he was repeatedly yelled at by the foreman. He suffered a psychological breakdown.

- 1. Do you ever feel overwhelmed by the amount of work you have?**
- 2. How do you handle the pressure? (For example, do you talk with other workers, keep to yourself, or discuss it with your supervisor?)**

Handling Workplace Stress

- Tell your supervisor how you feel.
- Reduce job stress by taking care of yourself.
- Engage in regular exercise. It is a powerful stress reliever.
- Realize that your job may not be the best option for your personality or with your other responsibilities (such as children, school, and medical conditions).
- Make sure you seek medical attention, if you begin to experience the following conditions:
 - Frequent headaches
 - Inability to sleep
 - Difficulty concentrating
 - Upset stomach
 - Short temper

What Are We Going to Do Today?

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

1. _____

2. _____

3. _____

OSHA STANDARD: Section 5(a)(1) of the OSHA Act



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