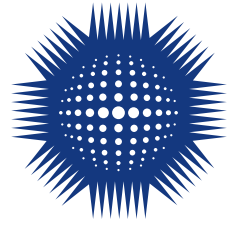


## RRC's NEBOSH HSE Certificate in Managing Stress at Work

RRC's NEBOSH HSE Certificate in Managing Stress at Work qualification will give learners the knowledge to be able to recognise the causes and effects of stress; identify the risks within their workplace; and apply suitable interventions to prevent and reduce stress.

It is suited to anyone responsible for managing and reducing work-related stress within their organisation including, Human Resource, Line Managers and Health Safety Professionals.

The NEBOSH HSE Certificate in Managing Stress at Work was developed in conjunction with the health and safety regulator for Great Britain, the Health and Safety Executive (HSE).



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## Course Content

The NEBOSH HSE Certificate in Managing Stress at Work consists of one unit which must be successfully completed within six months to achieve the qualification.

The course covers:

- Key Principles - Common terms
- Understanding prevalence of work-related stress
- Signs and Responsibilities of Employers Identification of Risk - Understand Causes
- Apply HSE's Management Standards Implementing Interventions - Develop options to reduce stressors and manage effects of stress. Build ways to continually improve the workplace

## Assessment

The course is assessed through a 20 question multiple choice assessment. The exam is open-book and requires a 60% mark or higher to pass.

## Courses Available

Classroom

**London**

Live Online

**Worldwide - UK Time**

Online

**Worldwide**

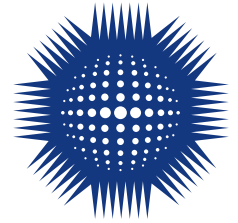
In-Company Live Online & Classroom

**Worldwide**

## Classroom Courses

- Complete Course - 1 day including assessment
- Ideal for those who like a traditional, structured learning environment away from their workplace

Venue	Course Dates	Fee
London (Wimbledon)	9 Feb 24	£250 + VAT + £53 NEBOSH Fee (£353)



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## Live Online Courses

- Complete Course - 1 day including assessment, courses start at 09:00 London Time
- Real time live Zoom classes delivering a classroom learning environment in the comfort of your own home
- Structured learning with scheduled dates

Venue	Course Dates	Fee
Worldwide (UK Time)	9 Oct 23	£195 + VAT + £53 NEBOSH Fee (£287)
	19 Jan 24	
	1 Mar 24	
	30 Apr 24	

## Online Courses

Flexible, fully tutor supported online learning available anywhere in the world.

- 7 hours of study (1-2 months)
- Start any time
- 30-Day Money Back Guarantee with all RRC online courses

### Online Course Fees

Complete Course	£150 + VAT + £53 NEBOSH Fee (£233)
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