

A RISK MANAGEMENT APPROACH TO WORK-RELATED STRESS

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***Abstract:** The risk management framework has been used effectively to identify and reduce work-related stress in a number of organisations. Risk management approach is systematic, evidence-based problem solving. The paper aims to understand the efficiency of the risk management implementation, in order to increase the professional processes performance and workers' health and safety and to demonstrate how employers can apply this risk management system to any work environment with the goal of eliminating or minimising potential causes of work-related stress. This should be a continuous process within an organisation whose work environments are dynamic and usually experience continual changes to things such as management personnel, working conditions, policies and procedures. There are many risk assessment tools and methodologies available to help employers assess the psychosocial risks. Several guiding principles and practical issues of importance are discussed.*

Keywords: risk management approach, work-related stress

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