Assessment

WORK-RELATED STRESS

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ASSESSMENT – WORK-RELATED STRESS

Name: ..................................................................................

Date: ..................................................................................

I.D. (if applicable): ..........................................................

1. Which of the following is not a physical manifestation of stress?
   a) Headaches
   b) Manual handling
   c) Fatigue
   d) Indigestion

2. Which of the following are physical illnesses that can result from stress?
   a) gastrointestinal disorders
   b) immune deficiency
   c) cardiovascular disorders
   d) All of these answers

3. Which of the following is not a mental and emotional effect of stress?
   a) irritability
   b) low self-esteem
   c) headache
   d) indecisiveness

4. Factors specific to the workplace that cause stress can be categorised as ___________.
   a) ergonomic and organisational
   b) organisational and environmental
   c) major and minor
   d) important and unimportant
5. Organisational causes of stress relate to ___________.
   a) excessive noise.
   b) lifting and carrying.
   c) the way the workforce is structured and tasks are allocated.
   d) electrical faults.

6. Which of the following is **not** an environmental factor that can cause stress?
   a) high or low temperatures
   b) poor air quality
   c) indigestion
   d) bad lighting

7. A risk management process to control the factors that cause work-related stress begins with __________?
   a) manual handling tasks
   b) identifying the elements in your workplace that can lead to stress
   c) addressing bad lighting
   d) All of these answers

8. Stress caused by **work demands** can be managed by __________?
   a) fostering an environment of civility and respect
   b) addressing environmental factors
   c) ensuring everyone has sufficient time and resources to complete their tasks
   d) expanding the facility

9. Workloads need to be monitored to ensure __________?
   a) peak efficiency is being achieved
   b) individuals are able to cope with the load they’re given
   c) work areas are tidy
   d) staff do not leave early

10. It is vital that each member of the workplace understands __________?
    a) their symptoms
    b) stress is part of work
    c) their role clearly
    d) structural plans