

Stress contributes a substantial area of human risk for Australian business.

Duty of Care Obligations

Recent OH&S and other legislative changes have imposed stringent obligations on employers.

The Cost of Claims

In 2002-2003 stress claims accepted by Comcare accounted for 6% of total claims but 20.9% of total compensation payments.

The Hidden Costs

It has been estimated that up to 3/4 of industrial accidents are caused by the emotional distress of employees.

ITIM's Stress Information Paper provides a succinct summary of recent research and practice in relation to prevention minimisation and treatment.

The paper contains:

- An introduction to the physiology and psychology of stress.
- An analysis of the causes of stress in the workplace and more generally.
- Information on the known impacts of stress on organisations and individuals.
- Information on how an organisation's level of exposure can be measured and benchmarked.
- Evidence-based approaches for the minimisation, management and treatment of stress at the systemic, cultural and individual levels.

The paper is designed to assist busy Risk Management, HR and OH&S professionals, by providing knowledge necessary to gain a grip on the issue.

The paper includes recent research findings reported in peer reviewed Australian and overseas journals and is fully referenced.

To explore in greater detail contact:

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