AI and Safety – Safe Robot-Human Interaction Picture This



This image clearly demonstrates the psychological risks associated with

increasing automation and AI integration in the workplace. The warehouse worker in the foreground is visibly distressed—holding his head in his hand, overwhelmed by mental fatigue. Behind him, an autonomous mobile robot efficiently transports boxes, highlighting the contrast between automated productivity and the worker's emotional strain. Surrounded by tall racks of inventory and operating alone, the worker appears isolated, overextended, and impacted by the constant pressure of working alongside fast-paced robotic systems.

AI-related stress, also known as "automation anxiety," can significantly affect a worker's mental health. When robots dictate workflow speed, remove decision-making from employees, or reduce meaningful human interaction, workers may experience burnout, job insecurity, emotional exhaustion, and diminished sense of purpose. These psycho-social hazards can lead to depression, anxiety, poor sleep, and long-term declines in well-being.

To prevent these outcomes, employers must ensure that automation is introduced with adequate training, transparent communication, job redesign, and access to mental health support. Workers should be encouraged to report stress symptoms early, maintain reasonable workloads, and receive reassurance about their role in the evolving workplace. Proper planning, psychological safety programs, and responsible AI implementation are essential to protect workers from this modern, but very real, occupational hazard