Occupational Stress Safety Topic



An overview of the common causes of occupational stress and the effects on the body.

Overview

Stress in the workplace is an issue facing many employers and employees alike. Stress can cause a decrease in work efficiency as well as time lost due to illness and other physiological responses. What is commonly referred to as the “fight or flight” response, the human body has a chemical reaction to stress.

Causes

Stress can be caused by a number of varying factors and effects individuals differently. A stressor is a set of conditions, or event(s) that cause the body to chemically respond by producing adrenalin.

Examples of occupational stress are:

- Workload excessive of individual’s capabilities
- Change in management or working conditions
- Downsizing, Hiring Freezes etc
- Shift work/ rotating schedules
- Inadequate/inefficient resources or tools

Physiological effects

The chemical release of adrenaline puts the human body on alert for the length exposure to stressor. Prolonged exposure i.e. prolonged stress can cause…