



Template for Stress Risk Assessment

Areas of Stress	Who might be most affected?	What are you already doing to counteract this stress?	What further action could you take?	Who will lead this action?	When will it be carried out?	Done?
Demands (workload, work pattern, work environment)						
Control (how much say people have over what they work on and how they work)						
Support (encouragement, recognition, training, resources)						
Relationships (promoting positive relationships and dealing with bad behaviour)						
Role (whether people understand their role clearly, whether there are overlapping or conflicting roles)						
Change (how change is dealt with and communicated in the business)						