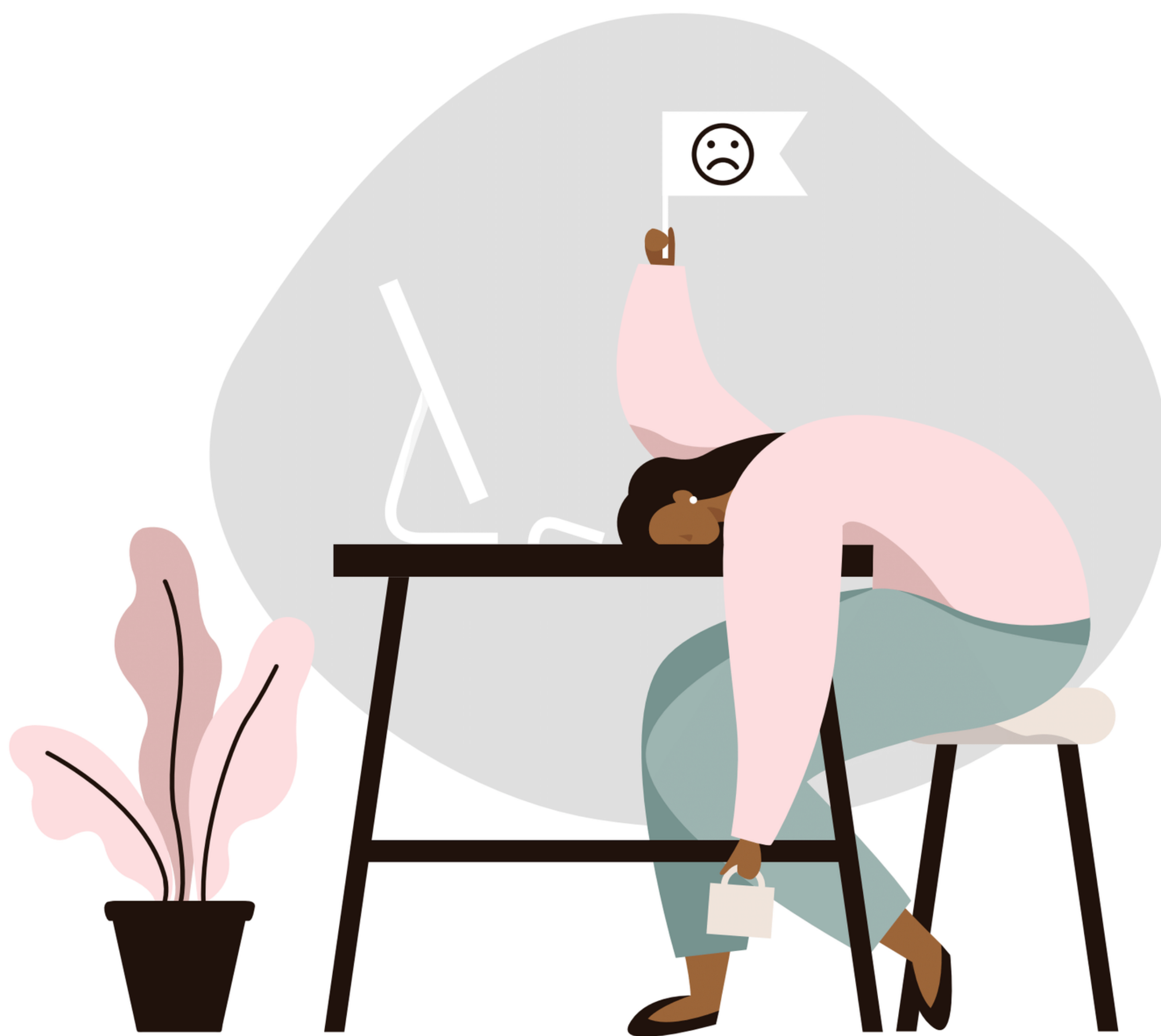


Managing Psychosocial Hazards at Work

Manage psychosocial hazards by applying the risk management process

Exposure to psychosocial hazards can cause both psychological and physical injury

Under NSW work health and safety laws, psychosocial hazards and risks are to be treated the same as physical hazards and risks.



78%

of Australian employees have a moderate to high mental health risk.

Psychological injuries usually have **longer recovery times, higher costs,** and mean **more time away from work** than physical injuries



Psychosocial hazards that may arise at work include:

WORK DEMANDS ARE TOO HIGH

POOR RELATIONSHIPS

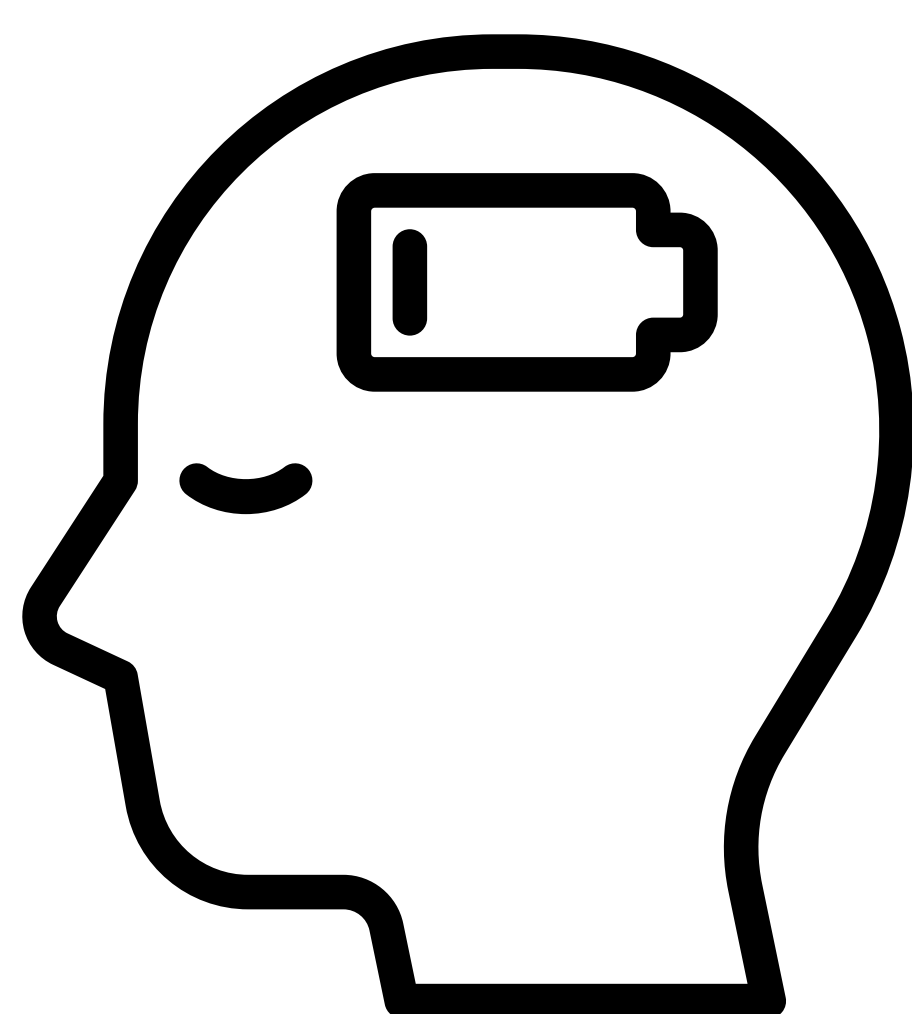
MINIMAL JOB CONTROL

LACK OF SUPPORT

UNCLEAR ROLES

POOR CHANGE MANAGEMENT

50%



of employees say they are experiencing burn out at work



Support Services

There are many support services for UOW staff including the EAP (Employee Assistance Program) and Telus Health.

Contact Telus Health on 1300 361 008