

What Psychosocial Hazards

SOUND like at Work

Employees might talk about their exposure to psychosocial hazards in different ways.

Recognise the Signs

I just can't stop thinking about it, over and over

I am just emotionally exhausted

I feel like a failure, how am I supposed to do all this?

That was humiliating

Why can't they just let me do my job

I am scared they will be mad at me

I have no idea what I am supposed to be doing

It just isn't fair, I am so angry

This place is toxic

Micromanaging is ruining my confidence

I am just burnt out

I feel stressed

I don't know what they want me to do

I can't sleep thinking about it

