

Job Name: \_\_\_\_\_ Job Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

## Topic 45: Stress in the Workplace

**Introduction:** We live in a fast-paced society that prides itself in an honest hard day's work. However, in this new society it is not uncommon to work longer hours, deal with extremely competitive pressures, drive farther to work, and be equally busy on the weekend and evenings. All of these pressures and time restraints, if left unchecked, can create a stress filled life which may spill over into the workplace. There are several physical hazards associated with excess stress.

### Medically, you can suffer from:

- High blood pressure
- Headaches
- Ulcers
- Digestive Disorders



- Insomnia
- Fatigue



### Psychologically, you can suffer from:

- Anger, frustration and irritability
- Impatience and worry
- Reduced self-confidence
- Addictive behavior



### Occupational Hazards: The following occupational hazards can result due to stress:

- Developing nervous habits (i.e. nail-biting)
- Obsessive compulsiveness
- The inability to get along with others
- Accidents due to loss of concentration
- Propensity toward vulgarity and/or violence
- Exceptional irritability and irrational behavior
- Loss of concentration and apathy toward work
- Abusing drugs, alcohol, or other sedating substances
- Over competitiveness resulting in a negative work atmosphere
- Being rushed & never finishing the task completely or correctly



**How to Handle Stress:** The good news is that even in this fast paced competitive workplace, stress can be handled.

The following are some common sense guidelines to help cope with stress:

- **Sharing your stressful situation** with a good friend, spouse, or co-worker may help to relieve stress.
- **Do not make** dramatic lifestyle changes in the midst of a stressful situation. Your decision may increase the instability of your situation and your judgment is often impaired by the stress.
- **Always take time** to eat and avoid working several days without a day off. Try to take a time off, even if it is brief. Often times, by simply removing yourself from the stress for a couple of days, one may gain a positive perspective.
- **Get enough exercise,** sleep, and maintain a proper diet. Even during stressful and busy times, take time to eat (breakfast, lunch, and dinner) and prioritize your day such that you schedule a good night of sleep.
- **Practicing deep breathing,** meditation, or other relaxation techniques.
- **Avoid addictive substance.** It is not uncommon for people to turn to legal and illegal substances to aid in tension relief. Under stress, it becomes easy to abuse such substances, which may lead to addiction.
- **When possible,** delegate your workload at work and at home. Remember that no one can do everything.
- **Avoid caffeine** and other stimulating substances after 4 or 5 pm in the afternoon, so you can get to sleep at bedtime.



**Conclusion:** Prioritize and plan your day (including an end time). Allow some personal time, if possible each evening, so you can clear your head of the stress from all the days. Try to get enough sleep so you are not trying to operate in a fatigued state. Remember, your work will always be there in the morning.

## Work Site Review

Work-Site Hazards and Safety Suggestions: \_\_\_\_\_

Personnel Safety Violations: \_\_\_\_\_

Material Safety Data Sheets Reviewed: \_\_\_\_\_ (Name of Chemical)

### Employee Signatures:

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

City of San Angelo Foreman/Supervisor's Signature: \_\_\_\_\_

These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.