



Stress risk assessment template

# Employee name

**Job title**

# Assessment carried out by

**Date of assessment**

# Date of next review

More information about the Health and Safety Executive’s six management standards on [**how to reduce stress at work**](https://www.hse.gov.uk/stress/standards/)

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| --- | --- | --- | --- | --- | --- | --- |
| **What are the hazards?** (The six HSE management standards) | **Who might be harmed and how?** | **What are you already doing to control the risks?** | **What further action do you need to take to control the risks?** | **Who needs to carry out the action?** | **When is the action needed by?** | **Done** |
| **Demands**  Includes workload, work patterns and work environment  *Add more rows as needed for the hazards for your employee* |  |  |  |  |  |  |

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| **Control**  How much say the employee has about their work  *Add more rows as needed* |  |  |  |  |  |  |
| **Support**  Includes encouragement, resources provided, line management and colleagues  *Add more rows as needed* |  |  |  |  |  |  |
| **Relationships**  Includes positive working relationships, resolving conflict and dealing with unacceptable behaviour  *Add more rows as needed* |  |  |  |  |  |  |

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| **What are the hazards?** (The six HSE management standards) | **Who might be harmed and how?** | **What are you already doing to control the risks?** | **What further action do you need to take to control the risks?** | **Who needs to carry out the action?** | **When is the action needed by?** | **Done** |
| **Role**  Includes understanding your role and its parameters, and how it fits within the organisation  *Add more rows as needed* |  |  |  |  |  |  |
| **Change**  How change is managed and communicated  *Add more rows as needed* |  |  |  |  |  |  |

Template based on the Health and Safety Executive’s [**risk assessment template**](https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm)

This template is part of the Epilepsy Action Employer toolkit. See [**employers.epilepsy.org.uk**](https://employers.epilepsy.org.uk/) for more resources to help support people with epilepsy at work.

Epilepsy Action is the working name of British Epilepsy Association, a registered charity in England and Wales (No. 234343) and a company limited by guarantee (No. 797997) in England.

**Published** February 2021 **To be reviewed** February 2024