



Niagara Regional Labour Council Health & Safety Education Committee

Stress in the Workplace

Mounting evidence shows workplace stress is a serious hazard posing significant risk to workers' health and well-being. This training program is designed to equip participants with information that will enable them to identify causes of workplace stress, recognize its health effects and assess and implement effective controls. They will learn that strategies necessary to find and implement solutions to workplace stress require collaboration of the workplace parties. This program includes several resources participants can use later in the workplace including the Copenhagen Psychosocial Questionnaire (COPSOQ) which is a tool for assessing psychosocial working conditions, health and wellbeing.

Date: Saturday, January 20, 2018
Location: 1 Ormond St, Thorold : Niagara Regional Labour Council Office
Please use south side entrance downstairs to the office
Time: 9:00 am to 12:00 pm (Noon)
Cost: \$40 per person: Please make cheques payable to NRLC.

CANCELLATION POLICY:

- Please provide in writing one week notice your cancellation request.
- Please ensure you provide your union name, local number, address and contact numbers
- Any cancellations received after five day prior to the course will not be refunded
- Please note that this workshop is subject to cancellation due to low registration or other reasons

REGISTRATION FORM

Stress in the Workplace – January 20, 2018 - 9am to 12pm

Name: _____
Local and Number: _____
Mailing Address: _____

Email Address: _____
Phone Number: (H) _____ (B) _____

Special Requests: Please indicate if you have any allergies, dietary restrictions, mobility or other restrictions.

