

## Essentials of Workplace Stress and Mental Health

### **Course Details:**

Date: March 4, 2024

Time: 8AM-11:30AM EST.

Location: Online, Zoom – live virtual course

Cost: Free

**Course Description:** This three-hour workshop will inform workers of current priority issues surrounding the mental health and well-being of our nation's workforce. Participants will become familiar with workplace stressors that impact mental health outcomes including dangerous working conditions, unfair treatment, stress and worry, job strain, and long work hours. Further, this workshop will address approaches to prevent workplace burnout, strategies to improve communication with OSHA, and worker rights and employer responsibilities under the Occupational Safety and Health Act of 1970

**Learning Objectives:** Upon completion of this course, you will be able to:

1. Discuss injury and illness statistics that contribute to workplace stress and poor mental health outcomes
2. Discuss suicide statistics by occupation
3. Discuss essential elements for workplace safety, stress reduction, and mental health
4. Explain the OSH Act, the protections it provides for workers, and how to work with OSHA
5. Identify worker rights and employer responsibilities under the OSH Act
6. Define existing OSHA guidelines and standards that protect workers from dangerous working conditions, unfair treatment, job strain, and long work hours
7. Outline individual and employer-based efforts that can target workplace burnout and safeguard mental health

### **Prerequisites:**

- Must be employed at a company with fewer than 250 employees
- Agree to participate in a pre- and post-course assessment as well as an end-of-course evaluation

**Registration:** <https://www.greatlakesosha.org/event-registration/?ee=9129>

### **Contact:**

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