

BRADFORD WATTS

Work-Related Stress Risk Assessment – Assessment Table (HSE Management Standards | Thriving at Work – Enhanced Standards)

Use: Stand-alone assessment sheet (organisational, project or individual)

Assessment Type:	<input type="checkbox"/> Organisational	<input type="checkbox"/> Project	<input type="checkbox"/> Individual
Project / Location:			
Employee / Team:			
Assessor:			
Date:			
Review Date:			

Construction-Specific Stressors (Tick if Applicable):

- Tight programmes / client pressure
- Long working hours / overtime
- Weather and site conditions
- Lone working
- Complaints or enforcement action
- Travel / remote sites
- Job insecurity

Action & Review Summary				
Action Required	Responsible Person	Timescale	Completed (Y/N)	Comments

STRESS RISK ASSESSMENT TABLE										
HSE Stressor	Identified Hazard / Stressor	Who May Be Harmed	Existing Controls	Likelihood (L)	Severity (S)	Risk Rating (LxS)	Further Controls Required	Responsible Person	Target Date	Review Date
Demands	Workload, deadlines, fatigue, long hours	Employees / Managers	Project planning, supervision, breaks							
Control	Lack of control over work methods or pace	Employees	Toolbox talks, task briefings							
Support	Insufficient management or peer support	All staff	Line management, H&S support							
Relationships	Conflict, bullying, poor behaviour	Employees	Behavioural policy, supervision							
Role	Unclear responsibilities or expectations	Employees	Job descriptions, inductions							
Change	Poorly managed organisational or site change	Employees	Management briefings							

Assessor Signature: _____

Date: _____

Manager Approval: _____

Date: _____