Purpose and Context

The University of Huddersfield is committed to providing a healthy working environment for all of its employees.

Scope

This includes, where reasonable, the protection of employees against work related stress and to promote their health and wellbeing.

1 Introduction

Outline key responsibilities with regard to stress at work; and Provide guidance on minimising stress at work.

2 Legislative requirements and relevant guidance

2.1 HSG218 Managing the causes of work-related stress (Health and Safety Executive 2007).

2.2 The Management of Health and Safety at Work Regulations.

3 Responsibilities

3.1 Deans of schools, Directors and Heads of Support Services

Deans of Schools, Directors and Heads of Support Services have overall responsibility for ensuring that local arrangements are in place for stress management.

3.2 Managers with distinct areas of responsibility are responsible for ensuring:

(a) Employees within their remit are made aware of the arrangements for the management of stress.

(b) The review of individual performance, identification and action on training and development needs.

(c) Consideration of the many and varied possible causes of work and non-work related pressures that can be affecting individuals.

(d) Local generic risk assessments take into consideration elements of pressure or stress which may impact on the employees for whom they have management responsibilities.

(e) Working with individual employees who are exhibiting signs of pressure or stress to undertake and record personal Stress Risk assessments and action plans.

(f) Review and update of Stress Risk assessments within agreed time frames agreed between the manager and employee.

(g) Monitoring of employee sickness absence reasons for any trends.
(h) Recognition of potential causes of pressure for employees within their area of responsibility.
(i) Undertaking relevant training in relation to stress management within the organisation.
(j) Management of sickness absence in accordance with university policy.
(k) Considering adaptations and adjustments to assist employees in the maintenance of the work – home balance.

3.3 Individual employees and affiliates are responsible for ensuring that:

(a) They recognise potential stressors in their work and / or personal life.
(b) Discuss any difficulties in managing their work to their manager.
(c) Work with management in order to identify and act on causes of stress in their work.
(d) Attend and utilise relevant training and development opportunities relevant to job role.
(e) Self-referr to occupational health if they feel unable to discuss issues with their manager.
(f) Increase personal stress awareness and management by engaging with available resources.

3.4 Occupational Health Department is responsible for:

(a) Facilitation of training and development for managers and employees on stress awareness and stress management.
(b) Provide advice to managers and employees regarding the stress risk assessment process, work related stress, absence and psychological illness.
(c) Provide support to employees and managers of employees presenting with acute symptoms suggestive of psychological disturbance.
(d) Onward referral to relevant agencies if appropriate.
(e) Identify and maintain information on local and national sources of assistance.
(f) Monitor all referrals to Occupational Health for evidence of emerging issues in distinct areas of the organisation.
(g) Alert relevant personnel to emerging issues relating to stress within the organisation.
(h) To provide support for employees who may be suffering with stress.
(i) Management of the Mental Health First Aid network.
(j) Management of the Employee Assistance Programme – Silver Cloud.

3.5 Human Resources Department is responsible for:

(a) Overall management of absence statistics regarding potential stress related illnesses.
(b) Facilitation of employee satisfaction survey.
(c) Supporting managers regarding the application of personnel policies and procedures.
(d) Supporting managers in the management of employee absence.

4 Relevant university policies and procedures

(a) Appraisal Procedure
(b) Dignity at Work
(c) Flexible working procedure
(d) **Induction and probation procedures**
(e) **Grievance procedure**
(f) **Capability procedure**
(g) **Disciplinary procedure**
(h) **Management of Sickness Absence**
(i) **Occupational Health Policy**
(j) **Staff Development Policy**

Further information

(a) **Stress risk assessment pro forma for managers**
(b) **Health and Safety Executive’s stress management standards indicator tool**
### POLICY SIGN-OFF AND OWNERSHIP DETAILS

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<td>Equality Impact Assessment:</td>
<td>17/04/2018</td>
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<tr>
<td>Approved by:</td>
<td>Adel Dickinson</td>
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<tr>
<td>Date Approved:</td>
<td>01/03/2018</td>
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<tr>
<td>Date for Review:</td>
<td>01/03/2019</td>
</tr>
<tr>
<td>Author:</td>
<td>Head of Occupational Health</td>
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<tr>
<td>Owner (if different from above):</td>
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### REVISION HISTORY

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<td>Sept 2019</td>
<td>First major redraft under the Policy Framework (approval required)</td>
<td>Head of Occupational Health</td>
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