



HEALTH AND SAFETY  
AUTHORITY

# HSA Work Related Stress Seminar

## Sligo 10th May 2012

Helping human resource management and safety professionals develop systems to manage workplace stress and reduce stress-related absence, errors and disputes.

Date: **10th May 2012**

Venue: **The Radisson Hotel Blu Hotel & Spa, Ballincar,  
Rosses Point Road, Sligo**

Time: **Registration 10.00 am**

Commencing: **10.30 am**

Fee: **€20.00**

## About the Seminars

In response to sector-specific requirements, the Health and Safety Authority is running a series of two hour, practical and informative seminars showing human resources and safety professionals how to use advanced **stress auditing systems** now available to manage stress in the workplace while also helping you reduce potential employer liability, employee distress and increase commitment and participation at work.

### The seminars will assist delegates to:

- Put in place a systematic approach to preventing stress and increasing well-being at work
- Carry out stress audits simply and without expense using new stress auditing systems
- Identify pockets of staff who are not coping well and promote better coping skills
- Interpret data and compare sub-groups within the workplace
- Identify good record keeping standards and satisfy all authorities that the duty of care is being addressed



HEALTH AND SAFETY  
AUTHORITY

## HSA Stress Reduction Programme

Experts at the Health and Safety Authority are helping organisations implement the new Workplace Management Standards for stress. These standards were developed in order to allow personnel within organisations carry out internal audits, identify issues easily, interpret data and develop realistic and practical interventions so that systems of work can be reasonably regarded as safe.

The HSA has been approached by the North West Advisory committee to assist organisations in the West and North West region who to-date have no systematic method of dealing with stress-related issues. Stress-related issues can lead to major difficulties for organisations as well as those suffering from stress themselves including high absenteeism, high staff turnover, IR disputes and performance deficits.

### *Speakers:*

## Patricia Murray HSA Occupational Psychologist/Inspector

**Patricia Murray** is an Organisational Psychologist at the Health and Safety Authority, where she develops programmes for handling workplace stress and bullying. She was a member of the Government's 2005 Expert Advisory Group on Bullying at Work and was one of the authors of the Code of Practice on the Prevention and Management of Bullying at Work (2007). She contributes expert opinion to television and radio in Ireland.

Patricia holds an honours degree in psychology, a Master of Science in Organisational Psychology and M Phil in Psychoanalytic Studies from Trinity College Dublin and a Post-graduate Diploma in Health and Safety at Work.

## Jerry Kelly of FIRST HRD

**Jerry Kelly** is a highly experienced and qualified trainer, presenter and coach. He has run programmes at all levels of business on the nature of stress, stress reduction and effective coping strategies to deal with stress at work. He has a very good understanding of behaviour, how people communicate, and deal with anxiety and unwanted pressure at work.



## Cost and How to Book

The seminars cost just €20 per delegate. There are a number of booking options:

- 1. On-Line:** Book on-line at [www.hsa.ie](http://www.hsa.ie). This is the easiest option
- 2. By Post:** Send a cheque for the appropriate amount (number of delegates at €20 each) to Barry Devitt, Health and Safety Authority, Metropolitan Building, James Joyce Street, Dublin, ensuring the below form is attached
- 3. By Email:** Email delegate details and credit card ( VISA only) or laser card details to [barry\\_devitt@hsa.ie](mailto:barry_devitt@hsa.ie)
- 4. By Telephone:** Phone Barry Devitt on (01) 6147066

### The HSA Work related stress seminar - Booking Form:

Name:  Organisation:

Address:

Telephone:  Email:

Payment Details:  Cheque attached      By Card  VISA  Mastercard  Laser

Number of attendees:  @€20 each      Total Amount €

Name on Card:  Card number

Expiry Date:  Security Code:

(Please note: if paying for multiple delegates please attach the names of all delegates)

The Health and Safety Authority occasionally issues newsletters, publications alerts and other safety alerts. Please tick this box if you would not like to be included on our contact list.