



KCA TOOL BOX TALK: Workplace Stress

Job stress is the physical and emotional harm that occurs when the requirements of a job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury.

For example, a local court upheld a compensation claim by a construction worker who had difficulty keeping up with the pressures of the job site. To avoid falling behind, he tried to take on more tasks and often got parts mixed up. As a result, he was repeatedly yelled at by the foreman. He suffered a psychological breakdown.

1. Do you ever feel overwhelmed by the amount of work you have?
2. How do you handle the pressure? (For example, do you talk with other workers, keep to yourself, or discuss it with your supervisor?)

Handling Workplace Stress:

- Tell your supervisor how you feel.
- Reduce job stress by taking care of yourself.
- Engage in regular exercise (it is a powerful stress reliever).
- Realize that your job may not be the best option for your personality or with your other personal responsibilities.
- Make sure you seek medical attention if you begin to experience frequent headaches, inability to sleep, difficulty concentrating, upset stomach, short temper.

For more information visit OSHA STANDARD: Section 5(a)(1) of the OSHA Act

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