



NickCery International Safety Training Plc.

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COURSE CODE

REVISION N°	00
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APPROPRIATE STANDARD
INTERNATIONAL OIL AND GAZ STANDARD

Course Title	Stress management course	Location
Content	<ul style="list-style-type: none"> • Definitions of stress. • Stress as an occupational health hazard. • Identification of basic workplace stressors. • Development of basic controls for work-related stressors. • Responsibilities imposed under standards legislation. • conclusion 	(VICTORIA) LIMBE OR AT YOUR CONVENIENCE
Duration	1 day	
Number of Delegates	MIN: 06 Max: 15	
CONTACT	Email: booking@nickcery.com Tel: +237 664 686 877 / +237 664 686 874	



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