



# NickCery International Safety Training Plc.

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<b>COURSE CODE</b>

<b>REVISION N°</b>	<b>00</b>
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<b>APPROPRIATE STANDARD</b>
<b>INTERNATIONAL OIL AND GAZ STANDARD</b>

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