



MG SAFETY SERVICES

Health & Safety, Quality & Environmental Consultants

STRESS POLICY STATEMENT

The management of MG Safety Services. are committed to promoting the mental, as well as physical health of its entire staff.

This policy acknowledges that the workplace is an important environment and that work can, at its best, be a stimulating, rewarding and positive experience.

Appropriate levels of pressure can enhance performance and increase motivation. Undue, prolonged stress, whether personal or work-related, can however lead to mental and physical health problems.

Stress is not necessarily a bad thing – some stress keeps us motivated, alert, able to face challenges – too little stress can lead to apathy and boredom.

Too much stress however can trigger problems with mental and physical health, especially over a prolonged period.

Therefore strategies in the workplace to recognise potential causes and signs of stress can help avoid further problems.

Signed:

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