Beat it
Workplace stress

Food and Drink Industries Group
Tuesday 09 July 2019
College Court, Knighton Road, Leicester LE2 3UF
09.00–15.30

www.iosh.co.uk/events
The Food and Drink Industries Group would like to invite you to its stress management workshop, designed to help you improve your approach to managing work-related stress in the workplace.

Stress is a major cause of sickness absence in the workplace and costs over £5 billion a year in Great Britain. It affects not only the individual and their families, by affecting health and wellbeing, but also their colleagues and employers, who are left to manage workload, replacement staff and the costs related to sickness absence.

**Event overview**
This interactive workshop will explore the practical steps you can take to improve how work-related stress is managed in your workplace. Using a real-life scenario, delegates will have the opportunity to carry out a stress risk assessment and reflect on the HSE Management Standards, deciding what appropriate controls could be introduced. We will encourage you to consider what impact stress has on the employer, such as sickness absence, staffing, production and the rise in accidents.

**What's in it for you**
Work-related stress places immeasurable demands on an employee’s physical and mental health and wellbeing. This workshop is designed specifically with health and safety practitioners in mind, providing practical ideas, tools and solutions to ensure your legal obligations are met and your employees are protected.

**Who should attend**
If you are a health and safety professional wanting to develop your skills and knowledge in this area, then this event will be of interest to you.

**What you need to know**
Members and non-members are welcome, from just £50.00 + VAT. The day will include refreshments, lunch, free parking and WIFI. If you require accommodation, please contact College Court on +44 (0)116 244 9669.

As with all IOSH events, any value gained from attending this event can be recorded in your CPD portfolio.

If you would like to showcase a product or service, or network with the health and safety community, why not exhibit at this event and raise your profile.

If you have any questions about the event or sponsorship, please contact Nikki Coles-Cross, Events Co-ordinator, at nikki.coles-cross@iosh.com. If you would like to contact the IOSH Aviation and Aerospace Group, please visit our Groups section at [www.iosh.com](http://www.iosh.com).
# Beat it

## Workplace stress

### Programme

**Tuesday 09 July 2019**
College Court, Knighton Road, Leicester LE2 3UF

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>09.00</td>
<td>Registration and refreshments</td>
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<tr>
<td>09.30</td>
<td>Welcome and introduction to the day</td>
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<tr>
<td>09.45</td>
<td>So what is stress? An in-depth discussion</td>
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<td>10.15</td>
<td>Developing a stress policy – the how and why</td>
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<td>10.30</td>
<td>Practical session – stress policy ‘must-haves’</td>
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<td>11.30</td>
<td>Comfort break</td>
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<tr>
<td>11.45</td>
<td>HSE Management Standards – an introduction</td>
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<tr>
<td>12.30</td>
<td>Lunch and networking</td>
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<tr>
<td>13.30</td>
<td>Practical session</td>
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<td>13.30</td>
<td>Stress Risk Assessment</td>
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<td>14.30</td>
<td>Let’s talk</td>
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<td>15.30</td>
<td>Close</td>
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*Note: The programme details may be subject to change*
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Booking information

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College Court, Knighton Road, Leicester LE2 3UF

Event fees
- IOSH members: £50 + VAT (£10) = £60
- Non-members: £60 + VAT (£12) = £72

The fee includes lunch and refreshments.

Booking and payment

Online
Please go to www.iosh.co.uk/events to find the event listing, make a booking and pay for your place online.

By email
Please send your completed booking form to bookings@iosh.com and we will contact you to arrange secure payment.

By post
Please post your completed booking form to the Bookings team, IOSH, The Grange, Highfield Drive, Wigston, Leicestershire, LE18 1NN, UK. You can either enclose a cheque with this, or we will contact you to arrange secure payment. Cheques should be made payable to IOSH Services Ltd.

By phone
Simply ring the Bookings team on +44 (0)116 257 3197 and register your place using your credit or debit card.

Payment terms
Full payment must be received prior to the event to secure your place. In the event that a booking hasn’t been paid in full by Tuesday 02 July 2019, the booking will be removed and your place on the event withdrawn.

Cancellation policy and refunds
Please let us know in writing if you need to cancel your booking by sending an email to bookings@iosh.com, or a letter to the Bookings team, IOSH, The Grange, Highfield Drive, Wigston, Leicestershire, LE18 1NN, UK.

Cancellations are subject to the following terms:
- Cancellations received within seven working days of booking (a ‘cooling off’ period) will receive a full refund
- Cancellations received at least eight or more weeks (40 or more working days) from the event will receive a 50 per cent refund
- Cancellations between four and eight weeks (20–39 working days) from the event will receive a 25 per cent refund
- Cancellations less than four weeks (19 working days) from the event will not receive a refund.

If we have to cancel an event, we will always endeavour to give a full refund of your event fee or, if you prefer, transfer your booking to a similar event. We cannot reimburse you for any associated expenses booked, eg travel, accommodation.

The full terms and conditions of our cancellation and refund policy can be found at www.iosh.co.uk/terms#Events.
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Delegate information

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Delegate details (your event/joining instructions will be sent electronically)

Title  
First name*  
Surname*

Job title*

Organisation name and address*

Tel  
Fax

e-mail (we need this for providing confirmations and event details)

Are you a member of IOSH?  
Yes  
No  
Membership number

If you have any dietary or other special requirements, please list them

How did you hear about this event?

☐ Brochure  
☐ Connect  
☐ IOSH Magazine  
☐ Website  
☐ e-mail  
☐ Social media  
☐ Other  
..........................................

Please tell us how you will pay (final payments must be received before the date of the event)

☐ by credit/debit card  
☐ by BACs

*As you want them to appear on your badge and the delegate list.

Please copy this form if you’re booking other delegates. Sorry, we can’t accept bookings after Tuesday 02 July 2019.

Acknowledgment

When we’ve received your registration and taken payment in full, we’ll confirm your booking and send you more details by e-mail. We must receive your payment at least five working days before the event. If you haven’t received your paperwork by Thursday 04 June 2019, please contact the Bookings team on +44 (0)116 257 3197 or e-mail bookings@iosh.com.

Further information

If you have any questions about the event, please call the Events team on +44 (0)116 257 3100 (option 3) or e-mail events@iosh.com. Visit www.iosh.co.uk/events for regular updates.

Exhibition opportunities

If you’re interested in raising awareness of your brand, showcasing a product or service or networking with the safety and health community, why not exhibit and be part of this event. Contact Nikki Coles-Cross, Events Co-ordinator, at nikki.coles-cross@iosh.com.

IOSH will hold your personal details in its systems to administer this event booking and to tell you about forthcoming events, IOSH services or health and safety information that may be of interest to you. From time to time, we use contracted third-party agents to perform tasks on our behalf and will pass limited contact details to them for the specific contracted purposes. If you do not wish to receive such information, please tick this box.

IOSH members: Your personal data contained within our systems will be used to fulfil our contractual obligations to you. Our full data protection policies can be found at www.iosh.co.uk/data-protection, or contact bookings@iosh.com for further assistance.

A photographer will be at the event and photographs may be used in future marketing. Please tick the box if you don’t want your photograph to be taken.

All information provided in the programme is correct at the time of going to print. IOSH reserves the right to make appropriate changes as necessary.
IOSH is the Chartered body for health and safety professionals. With over 47,000 members in more than 130 countries, we’re the world’s largest professional health and safety organisation.

We set standards, and support, develop and connect our members with resources, guidance, events and training. We’re the voice of the profession, and campaign on issues that affect millions of working people.

IOSH was founded in 1945 and is a registered charity with international NGO status.