| Individual Stress Risk Assessment  |
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| Statement | Never | Seldom | Sometimes | Often | Always | Comments |
| Enter an X in the in the column that applies to you for each statement |

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| I am clear what is expected of me at work |  |  |  |  |  |  |
| I can decide when to take a break  |  |  |  |  |  |  |
| Different groups at work demand things from me that are hard to combine  |  |  |  |  |  |  |
| I know how to go about getting my job done  |  |  |  |  |  |  |
| I am subject to personal harassment in the form of unkind words or behaviour |  |  |  |  |  |  |
| I have unachievable deadlines  |  |  |  |  |  |  |
| If work gets difficult, my colleagues will help me |  |  |  |  |  |  |
| I am given supportive feedback on the work I do  |  |  |  |  |  |  |
| I have to work very intensively |  |  |  |  |  |  |
| I have a say in my own work speed |  |  |  |  |  |  |
| I am clear what my duties and responsibilities are |  |  |  |  |  |  |
| I have to neglect some tasks because I have too much to do |  |  |  |  |  |  |
| I am clear about the goals and objectives for my department |  |  |  |  |  |  |
| There is friction or anger between colleagues |  |  |  |  |  |  |
| I have a choice in deciding how I do my work |  |  |  |  |  |  |
| I am unable to take sufficient breaks |  |  |  |  |  |  |
| I understand how my work fits into the overall aim of the organisation |  |  |  |  |  |  |
| I am pressured to work long hours |  |  |  |  |  |  |
| I have a choice in deciding what I do at work |  |  |  |  |  |  |
| I have to work very fast |  |  |  |  |  |  |
| I am subject to bullying at work  |  |  |  |  |  |  |
| I have unrealistic time pressures |  |  |  |  |  |  |
| I can rely on my line manager to help me out with a work problem  |  |  |  |  |  |  |
| I get help and support I need from colleagues |  |  |  |  |  |  |
| I have some say over the way I work |  |  |  |  |  |  |
| I have sufficient opportunities to question managers about change at work |  |  |  |  |  |  |
| I receive the respect at work I deserve from my colleagues |  |  |  |  |  |  |

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| **Statement** | **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** | **Comments** |
| Enter an X in the in the column that applies to you for each statement |

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| Staff are always consulted about change at work  |  |  |  |  |  |  |
| I can talk to my line manager about something that has upset or annoyed me about work  |  |  |  |  |  |  |
| My working time can be flexible  |  |  |  |  |  |  |
| My colleagues are willing to listen to my work-related problems  |  |  |  |  |  |  |
| When changes are made at work, I am clear how they will work out in practice  |  |  |  |  |  |  |
| I am supported through emotionally demanding work  |  |  |  |  |  |  |
| Relationships at work are strained  |  |  |  |  |  |  |
| My line manager encourages me at work  |  |  |  |  |  |  |

| **Date completed** | **Line manager’s signature** | **Employee’s signature** |
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