

OSHA Workplace Stress Toolkit

Resources to help reduce workplace stress

There are many stressors in the workplace, including things like: job security; lack of access to equipment needed to perform work safely; fear of retaliation; physically demanding job tasks; changing work shifts, confrontations with co-workers, etc. Recent surveys by the Centers for Disease Control and Prevention (CDC) and the American Psychological Association indicate these work-related stressors can impact an employee's well-being and mental health.



Image courtesy of OSHA

To help address ways to reduce or remove these stressors, the Occupational Safety and Health Administration (OSHA) added [Workplace Stress](https://www.osha.gov/workplace-stress) to its' list of Safety and Health Topics, available at <https://www.osha.gov/workplace-stress>. The page offers resources for understanding workplace stress, guidance and tips for employers, training resources, real-world solutions, and outreach materials.

For additional information on the SMCX's services, please visit the SMCX-hosted website at: <https://www.smscx.org/>.