



Identifying
psychosocial
hazards?

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Common

psychosocial hazards *include*



- High or low demands
- Low job control
- Poor support
- Lack of role clarity
- Poor organisational change management
- Inadequate reward and recognition
- Poor organisational justice
- Traumatic events or material
- Remote or isolated work
- Poor physical environment
- Violence and aggression
- Bullying
- Harassment including sexual harassment
- Conflict or poor workplace relationships and interactions



what psychosocial hazards

sound like *at work*

I feel **stressed**

I **can't** sleep
thinking
about it

I feel like a **failure**,
how am I supposed
to **do all this?**

I am **burnt out**

why can't they
just let me **get on**
with my job?

I just **don't know**
what I'm supposed
to be **doing**