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Your Safety Matters

This information letter is distributed to those people who are ensuring that their workplace is safe and healthy. This includes members of WHS Committees, WHS Representatives, Safety Officers, Supervisors, Managers and Directors. "Your Safety Matters" (formerly "Committee Member") is a free information letter which has been distributed since 1996.

Preventing Workplace Stress

Where does workplace stress come from?

Safe Work Australia research as reported in their publication, [*Work-related Mental Disorders Profile 2015*](#) showed that the most common mechanisms causing workplace mental stress were:



- work pressure (32%)
- work-related harassment and/or bullying (24%)
- exposure to workplace or occupational violence (15%)
- other mental stress (11%)
- exposure to a traumatic event (6%)
- vehicle accident (5%)
- being assaulted (3%)
- sexual/racial harassment (3%).

Everyone in a workplace has a duty to look after the health and safety of workers.
(WHS Act sections 19, 27, 28, 29, 46, 47)



Publications such as the Safe Work Australia, [*Guide for Preventing and Responding to Workplace Bullying*](#), and SafeWork NSW's, [*Model Code of Practice: How to Manage Work Health & Safety Risks*](#), provide essential guidance to complying with WHS law to prevent and deal with workplace stress.

This publication provides general information about WHS. It is not a legal opinion and does not represent a comprehensive statement of the law to be applied to a particular problem.