

## Work-related stress and psychosocial risks: the facts

- Over half of European workers report that work-related stress is common in their workplace.
- Around 4 in 10 workers think that stress is not handled well in their workplace.
- Workers are likely to take a significant amount of time off work when suffering from work-related stress and other psychological problems, or turn up for work but not be able to function at full capacity.
- Psychosocial risks and work-related stress give rise to significant costs for organisations and national economies alike.
- The total costs of mental health disorders in Europe (both work and non-work related) are estimated to be EUR 240 billion per year.
- Psychosocial risks can be assessed and managed in the same systematic way as other occupational safety and health risks.
- Managing stress and psychosocial risks at work is worthwhile — the benefits to the business outweigh the costs of implementation.

*Work-related stress is an organisational issue, not an individual fault.*

The **European Agency for Safety and Health at Work (EU-OSHA)** contributes to making Europe a safer, healthier and more productive place to work. The Agency researches, develops, and distributes reliable, balanced, and impartial safety and health information and organises pan-European awareness-raising campaigns. Set up by the European Union in 1996 and based in Bilbao, Spain, the Agency brings together representatives from the European Commission, Member State governments, employers' and workers' organisations, as well as leading experts in each of the EU Member States and beyond.

The Healthy Workplaces Campaign is backed by the EU Council Presidencies, the European Parliament, the European Commission, and by the European Social Partners and is coordinated at the national level by the Agency's network of focal points ([www.healthy-workplaces.eu/fops](http://www.healthy-workplaces.eu/fops)).

*Work-related stress generates significant costs for organisations and societies.*



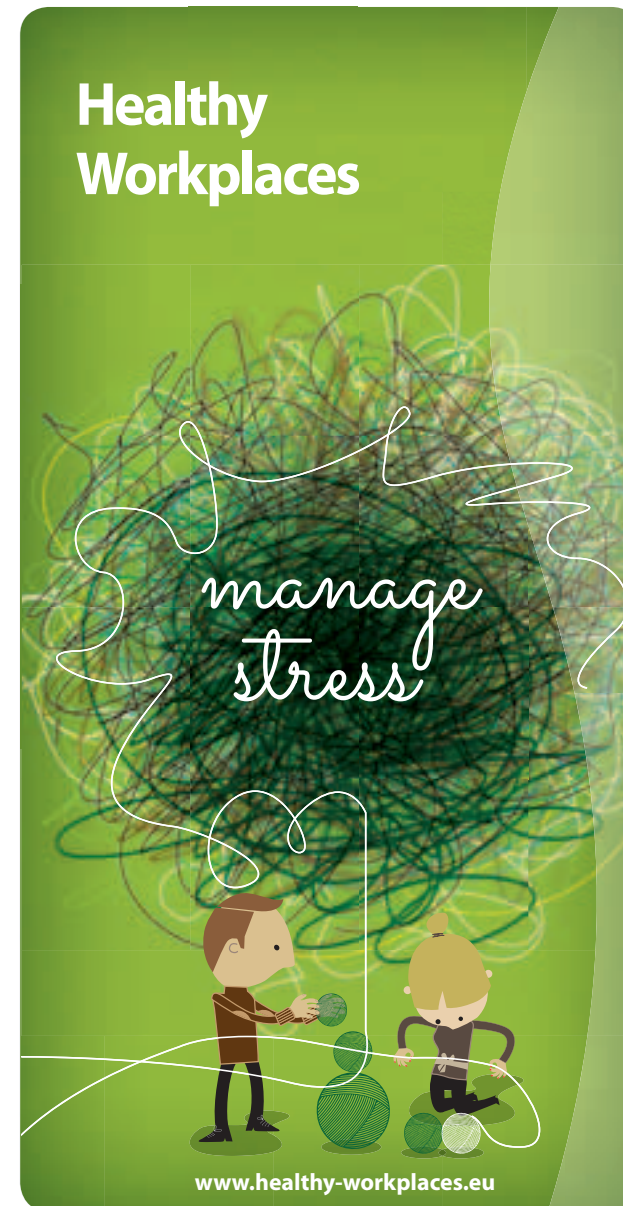
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Safety and health at work is everyone's concern.  
It's good for you. It's good for business.





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## The campaign

**Stress is the second most frequently reported work-related health problem in Europe and, along with other psychosocial risks, is thought to account for more than half (50–60 %) of all lost working days. A poor psychosocial work environment can have significant negative effects on workers' health.**

Promoting the management of work-related stress and psychosocial risks, and thereby preventing their significant negative effects for workers, employers and governments, is the key aim of this campaign. Effectively tackling psychosocial risks creates a work environment in which workers stay healthy, the workplace culture is more positive, and, consequently, business performance improves.

Psychosocial risks occur in every workplace, but even with only limited resources they can be successfully assessed and managed. This campaign provides support and guidance for workers and employers in managing work-related stress and psychosocial risks, and promotes the use of practical, user-friendly tools to facilitate this.

'Healthy Workplaces Manage Stress' is a pan-European campaign, coordinated by the European Agency for Safety and Health at Work (EU-OSHA). Healthy Workplaces Campaigns are the largest of their kind in the world and are significant drivers for change and improvement in workplace safety and health.

### Who can take part?

'Healthy Workplaces Manage Stress' invites all organisations and individuals at local, national and European levels to take part. The campaign is open to:

- all employers in the public and private sectors;
- managers, supervisors and workers;
- trades unions and safety representatives;
- all organisations and individuals dedicated to improving safety and health.

### How can you get involved?

You can get involved in the Healthy Workplaces Campaign 2014–15 by:

- disseminating and publicising campaign materials to help raise awareness of occupational safety and health (a variety of campaign materials are available to download from the campaign website, [www.healthy-workplaces.eu](http://www.healthy-workplaces.eu));
- organising events and activities such as seminars and workshops;
- using and promoting the practical tools available for managing work-related stress and psychosocial risks;
- taking part in the European Good Practice Awards competition, a scheme that recognises the contributions organisations have made to promoting safety and health;
- getting involved in the European Weeks for Safety and Health at Work, October 2014 and 2015;
- becoming an official EU campaign partner or national campaign partner.

*Having a healthy workforce is essential for running a successful business.*

*By working together, employers, managers and workers can tackle work-related stress and psychosocial risks for the benefit of all.*



## Key dates

- Campaign launch: April 2014
- European Weeks for Safety and Health at Work: October 2014 and 2015
- Good Practice Awards Ceremony: April 2015
- Healthy Workplaces Summit: November 2015

[www.healthy-workplaces.eu](http://www.healthy-workplaces.eu)

