



Psychosocial Health and Wellbeing

Essentials compliance training

Quality training content

- Time-efficient compliance courses focused on key topics
- Developed in Australia for use in all states and territories
- Regularly updated to comply with current regulations
- Engaging, interactive content
- Online assessments included to ensure effective learning
- Responsive and accessible design to maximise usability

Powerful learning tools

- Take advantage of our exclusive Online Compliance LMS
- Simplify training for existing staff, inductions and refreshers
- Create custom training schedules for different roles
- Generate real-time reports
- Automate the sending of invitations and reminders
- Upload your own documents to complement courses

Psychosocial Health and Wellbeing

Workplaces have long understood the need to provide and maintain a safe physical working environment for their people. In recent times, however, there has been increased focus on the need to also consider the mental and emotional wellbeing of workers. This course explains the importance of managing **psychosocial hazards** in the workplace, which are factors in the design or performance of work tasks that increase stress or affect mental health and wellbeing. Being aware of how to identify and manage these hazards is essential for employers, managers and workers at all levels.



Course structure and delivery

This course is delivered online at the learner's own pace and takes about 25 minutes to complete, though it can be completed over multiple sessions. At the conclusion of the training, learners will undertake a brief quiz which must be passed to complete the course.

Built-in course features

All MCQ International courses are designed to operate on a wide variety of devices, including computers, iPads, tablets and mobile phones. Optional accessibility features include audio narration, dark mode display, and a distraction-free 'reader view'. Course progress is recorded automatically across all devices.

About our 'Essentials' courses

MCQ International offers two options for your training needs: our *Comprehensive* courses cover a broader subject area in depth and are suitable for management and roles with higher compliance risks. Our *Essentials* courses each take around 25-40 minutes to complete, are more focused on specific training topics, and are suitable for roles at all levels. You can easily mix-and-match both options to suit your needs.

Topics covered in the course

The *Psychosocial Health and Wellbeing* course covers the following topic areas:

- Introduction to psychosocial hazards at work
- The consequences of psychosocial hazards
- Understanding short-term and long-term risks
- Types of hazards causing work-related stress
- Legal obligations of employers and workers
- Hazards caused by job demands
- Hazards due to job outcomes and rewards
- Dealing with workplace trauma and conflict
- Effects of workplace harassment and bullying
- The role of management in reducing stress
- Effective communication and feedback
- How to identify and deal with work stressors.

Find out more

Contact us now via email at sales@mcqi.com.au or simply scan the code on the right to get more information about the course content, pricing options and how to purchase.

