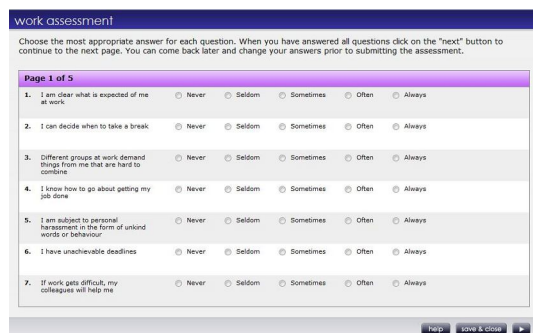


Free Online Stress Risk Assessment Offer!

Inner Physique is pleased to offer its online HSE compliant stress risk assessment **completely free** to all UK organisations in support of the ISMA and HSE's National Stress Awareness Day. The survey is very **easy to implement and use** and follows the HSE's own "Indicator tool for work related stress" to ensure it is **fully HSE compliant**.



work assessment

Choose the most appropriate answer for each question. When you have answered all questions click on the "next" button to continue to the next page. You can come back later and change your answers prior to submitting the assessment.

Page 1 of 3

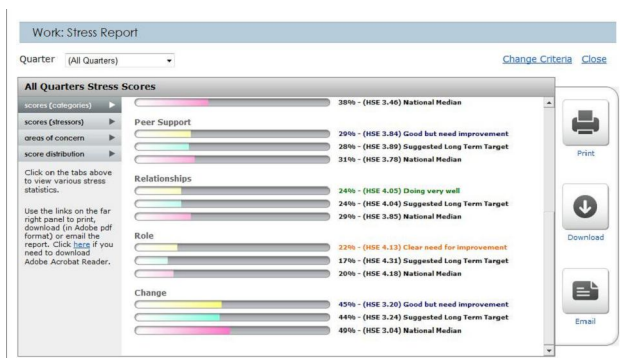
1. I am clear what is expected of me at work. Never Seldom Sometimes Often Always
2. I can decide when to take a break. Never Seldom Sometimes Often Always
3. Different groups at work demand things from me that are hard to combine. Never Seldom Sometimes Often Always
4. I know how to go about getting my job done. Never Seldom Sometimes Often Always
5. I am subject to personal harassment in the form of unkind words or behaviour. Never Seldom Sometimes Often Always
6. I have unachievable deadlines. Never Seldom Sometimes Often Always
7. If work gets difficult, my colleagues will help me. Never Seldom Sometimes Often Always

Next Save & Close

By completing the survey, your organisation will be following the HSE's own best practice recommendations as stated in their publication HSG218 *Managing the Causes of Work-Related Stress*. On completion of the survey you will be able to review your own organisation's responses, compare those responses against the current UK national average and evaluate your stress levels against the HSE's benchmark standards.

Because we are offering the survey in support of National Stress Awareness Day, there is **no charge to your organisation** for its use. The survey includes the following:

- Uses the standard 35 questions for work related stress developed by the HSE
- Fully confidential and secure access for every member of staff
- Simple and intuitive for your staff to use
- Staff are prevented from completing the survey more than once
- Staff do not need anything except a normal web browser and an Internet connection
- The survey takes on average just 7 minutes to complete
- Welcome and reminder emails can be sent to your staff at any time
- Detailed reports are provided in online, PDF and printable formats
- Your survey is fully confidential and your data cannot be viewed by anyone other than your college's nominated survey administrator
- The entire survey is hosted and managed for you on our Wellbeing Portal – all you need to do is provide us with some basic information and inform your staff about the survey, we handle everything else
- We will liaise with your IT department to ensure that staff can access the survey through your corporate firewall



Not only will we provide the above stress risk assessment, but we will also give every organisation that conducts a stress risk assessment a **free copy of our template Stress and Wellbeing Policy**, based upon the HSE's own template, but expanded to include much more detail.

All UK organisations are welcome to apply. To find out more about the offer and to discuss how your organisation might benefit from it, please send an email to offer@innerphysique.com and include the following information:



- Your company's name
- Your name and position
- Your contact telephone number
- Your total number of staff

We will log your request and contact you back to discuss the matter further. We look forward to hearing from you and helping your organisation to reduce stress and enhance wellbeing within your workforce.