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## Publications

**24/04/2008**

### **E-fact 31 - Prevention of work-related stress in the education sector**

Work-related stress is one of the most significant hazards of working in the education sector. The level of reported stress in teaching is well above the average for other industries, services and society in general. But it is not just teachers in the sector who suffer from stress, other workers such as cleaners and administrative staff are also affected. This E-Fact examines both the causes of work-related stress in education and ways to tackle the problem. It offers a step-by-step guide to risk assessment, a checklist designed for the education sector and action that can be taken to defeat stress.

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