


Newland Express Transport Ltd

Risk Assessment

Title	Stress in the Workplace	Date Of Assessment	Tue 16 Jan 2024
Site	Newland Express Transport Ltd	Location	All Areas
Risk Assessor	James Asbrey	Assisted By	-
Non-Employees Involved	-	People At Risk	Employees
Task Description	Identifies factors that may cause work-related stress and impact employee wellbeing. It ensures appropriate measures are in place to reduce stress, support staff, and maintain a healthy working environment.		
Risk Rating	 Medium		
Review Date	Mon 18 Jan 2027	Reviewer	James Asbrey

Hazards

Hazard	Stress (work Related)
Risk Of Harm	Workloads are excessive leading to long hours causing ill health
Existing Control Measures	<p>Staff can talk to the members of management team if they are feeling unwell or are uneasy about situations in the workplace.</p> <p>Staff understand their role and duties attached to their position.</p> <p>Staff are aware of permitted lunch/tea breaks during the working day</p> <p>Managers are aware of their team members' workload and staff are aware that they are able to raise any issue relating to work load and seek support from their managers.</p> <p>Staff are provided with realistic deadlines</p> <p>Staff are given support through additional training or assistance if it is identified as needed to support them in completing tasks related to their job.</p> <p>Individual workloads to be planned and regularly reviewed</p> <p>Consideration given (where applicable) to change of duties, either temporary or permanently as a means of reducing workloads or specific stressors.</p> <p>Staff are kept informed and involved with company or work changes</p> <p>Regular team meetings are held to allow an exchange of information</p> <p>2 Mental Health First Aiders available on site</p> <p>Recreational facilities available in the drivers lobby</p> <p>Employees monitored for early signs of stress</p>

Past Reviews

Review Date	Reviewer	Comments
Mon 19 Jan 2026	James Asbrey	Reviewed
Thu 16 Jan 2025	James Asbrey	Reviewed