

## STRESS POLICY STATEMENT

J Coffey Construction Ltd. is committed to protecting the health, safety and welfare of our employees. We recognise that workplace stress is a health and safety issue and acknowledge the importance of identifying and reducing workplace stress. Managers and supervisors are responsible for implementation and monitoring of staff. The company is responsible for allocating the necessary resources to deal with stress at work issues.

### Definition of stress

The Health and Safety Executive define stress as “the adverse reaction people have to excessive pressure or other types of demand placed on them”.

This makes an important distinction between pressure, which can be a positive state if managed correctly, and stress that can be detrimental to health.

### Policy

- The company will identify workplace stressors and conduct risk assessments to eliminate stress or control the risks from stress. These risk assessments will be regularly reviewed.
- The company may consult with Trade Union Safety Representatives (If nominated) on proposed action relating to the prevention of workplace stress.
- The company will provide access to training for managers and supervisory staff in safe practices.
- The company will provide access to confidential counselling for staff affected by stress, caused by either work or external factors.
- Conduct and implement recommendations of risks assessments within their jurisdiction.
- Consideration of the workplace psychosocial factors and impact due to being off work and those employees exposed to public environments/engagement and anxiety relating to social distancing.
- Ensure good communication between management and staff, particularly where there are organisational and procedural changes.
- Ensure staff are provided with meaningful developmental opportunities.
- Monitor workloads to ensure that people are not overloaded.
- Monitor working hours and overtime to ensure that staff are not overworking. Monitor holidays to ensure that staff are taking their full entitlement.
- Attend training as requested in good management practice and health and safety.
- Ensure that bullying and harassment is not tolerated within their jurisdiction.
- Be vigilant and offer additional support to a member of staff who is experiencing stress outside work e.g., bereavement or separation.

### Occupational Health Staff

- Provide specialist advice and awareness training on stress, if appropriate.
- Train and support managers in implementing stress risk assessments, if appropriate.
- Support individuals who have been off sick with stress and advise them and their management on a planned return to work date.
- Refer to workplace counsellors or specialist agencies as required.

## Human Resources

- Give guidance to managers on the stress policy.
- Assist in monitoring the effectiveness of measures to address stress by collating sickness absence statistics.
- Advise managers and individuals on training requirements.
- Provide continuing support to managers and individuals in a changing environment and encourage referral to occupational workplace counsellors where appropriate.

**This policy statement applies to all employees and other personnel engaged in J Coffey Construction operations:**

Signed: *Eddie Barrett* (Original Signed)

Date: 09/01/2025

Eddie Barrett

Group Managing Director

**On behalf of J. Coffey Construction**