

Psychosocial Health Risk & Lifestyle Assessment

Psychosocially unhealthy people in the workplace, do not respond to or handle stress well, which can develop into physical and psychological conditions and behaviours :

Cardiovascular disease

Diabetes

Hypertension

Chronic Illness & Prescription Dependency

Musculoskeletal & Mobility Conditions

Metabolic Syndrome

Depression & Mental Health Issues

Workplace Bullying

Anxiety / Stress

Fatigue / Burnout

Smoking / High Alcohol Consumption & Dependence

Poor Dietary & Lifestyle Choices

Obesity



Psychosocially unhealthy employees, put themselves, co-workers and their company at a higher risk of Psychosocial Hazards. Those Psychosocial Hazards are any hazard that affects the mental health and the mental well-being of an individual, and although they are not typically physical hazards, they can have negative physical effects by affecting the employee's coping mechanisms and their ability to work in a safe and healthy manner.

Our PHRLA is a comprehensive and effective tool that allows us to identify the risk factors in your company. We assess those risks, and formulate strategies to control, prevent and monitor potential hazards, which can negatively affect employee productivity and safety.

Existing medical conditions, dietary and lifestyle choices, lack of physical activity, professional duties and current stress levels, are also some of the factors that can contribute to the level and severity of psychosocial hazards in the workplace.

Our PHRLA covers every health and risk factor and provides you with :

Identification, assessment, prevention, control, monitoring and tracking data.

Productivity and performance statistics to determine ROI.

Evaluation of the necessary operational behavioural changes required.

Potential risks over time and the costs associated with it.

A way to engage the employer and the employee in the health management process.

Strategies to prevent and/or minimize psychosocial hazards, and implement procedures which can be modified and developed over time as behaviours change and risk factors reduce.

Success of any wellness program depends on employee engagement and to ensure their commitment, they also receive :

A snapshot of their current health status, which identifies and highlights lifestyle risk factors.

The opportunity to take control of their own health.

Definitive health and lifestyle behaviour modification information to prepare them for the necessary lifestyle changes required.

Comprehensive overview of the potential psychosocial hazards, the health risks, and how it will impact their quality of life both in and out of work.

