

Contents

	Page
Self-assessment – Where do you stand?	4
1 What is it all about?	7
2 What should you keep in mind?	8
3 How are the meetings structured?	10
4 Which rules must be complied with?	13
5 Tips for moderating	14
6 Risk assessment of work-related psychological stress.....	17
7 Structured approach in the Health and Safety Committee (ASA).....	21
8 Dialogue-oriented instructions.....	23
9 Task sheet – Example.....	26
10 Documentation sheet for risk assessment – Example	31