

# Download Occupational Health Psychology The Challenge Of Workplace Stress

What is a healthy job? A healthy job is likely to be one where the pressures on employees are appropriate in relation to their abilities and resources, to the amount of control they have over their work, and to the support they receive from people who matter to them. As health is not merely the ...Occupational safety and health (OSH), also commonly referred to as occupational health and safety (OHS), occupational health, or workplace health and safety (WHS), is a multidisciplinary field concerned with the safety, health, and welfare of people at work. These terms also refer to the goals of this field, so their use in the sense of this article was originally an abbreviation of ...Journal of Occupational and Organizational Psychology (2001), 74, 489–509 Printed in Great Britain 489 Ó 2001 The British Psychological Society Well-being and occupational health in the 21st century workplace Kate Sparks, Brian Faragher and Cary L. Cooper University of Manchester Institute of Science and Technology, UK Over the last 40 years, major changes have taken place in the workplace. Steps Toward Prevention. Low morale, health and job complaints, and employee turnover often provide the first signs of job stress. But sometimes there are no clues, especially if employees are fearful of losing their jobs.