

Work Stress Pulse Survey Questionnaire



Worker Stress Survey

No matter how elaborate, your OHS programs and management systems won't adequately protect workers unless they address workplace stress, fatigue, and burnout. As with physical hazards, the starting point is to identify and assess the mental hazards to which your workers are exposed. But you need to attack the problem proactively and not just react to complaints. Assuming that workers will just come to you for help if they were having mental difficulties is naïve. One effective method for unearthing stress is "pulse surveying" in which workers fill out a regular, brief, and targeted questionnaire tracking the workplace psychological environment over time. Here's a template survey form you can use. Go to the OHS Insider for a 10-step [Game Plan](#) for effective use of pulse surveying to protect workers' mental wellbeing, along with a [Checklist](#) of other questions you might want to include in your own pulse surveys.

Instructions: Please answer the questions below as honestly and candidly as possible knowing that your identity will remain completely anonymous and that the company will rely on the information you provide to identify and minimize any work-related stress, fatigue, burnout, or duress you may be experiencing and take steps to improve your physical and

mental wellbeing and provide you the best and most rewarding work environment and experience possible. Thank you for helping us help you.