Stress at Work Special Report



The nature of work is changing at whirlwind speed.

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Through its research program in job stress and through educational materials such as this booklet, NIOSH is committed to providing organizations with knowledge to reduce this threat.

This booklet highlights knowledge about the causes of stress at work and outlines steps that can be taken to prevent job stress…