



CRA BULLETIN

Issue 57 – 9 November 2011

Signed: _____ Dated: _____

MANAGING STAFF WELL - BEING

Following the Christchurch earthquake, one of the most common challenges facing workplaces was managing a high occurrence of employee (and employer!) stress and fatigue.

In situations where there is a risk of harm from stress and fatigue, employers must do all that is reasonable to lessen this risk. Unmanaged, work-related stress and fatigue is known to be linked with high levels of absenteeism, sick leave, staff turnover and accidents as well as poor performance and productivity.

The Department of Labour has some [practical work-life balance ideas](#) that will help you manage stress and fatigue in your workplace.