What psychosocial hazards sound like at work

Workers might talk about their exposure to psychosocial hazards in different ways.

Recognise the signs.

I feel like a **failure,** how am I supposed to **do all this?**

That was **humiliating**

I can't sleep thinking about it

I just **don't know** what I'm supposed to be **doing**

I am scared, they'll go off their head

This place is **toxic**

I am just **emotionally exhausted**

I just can't stop seeing it, **over and over**

I am torn, **I don't know what they want me to do**

Why can't they just let me **get on with my job**

I am so angry, **it just wasn't fair**

I am burnt out

I feel **stressed**

Micromanaging is **undermining my confidence**

For information on psychosocial hazards and how they can be managed see the model Code of Practice: Managing psychosocial hazards at work.

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