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Stress Indicator Tool

Case Studies

February 2023



Over 500 organisations both in the UK and overseas are proactively using the Stress Indicator Tool to measure and understand more about their workers' health and wellbeing. It is used and trusted by organisations of all sizes, across all industry sectors.

Customers frequently report to us that, as a result of using the SIT, they have achieved greater engagement and commitment to health and safety from employees, have reduced the number of accidents at work, reduced costs and have demonstrated better leadership.

The client



MWH Treatment – Head of SHEQ

MWH Treatment is a leading Design and Build non-infrastructure solution provider in the UK water sector, with a water sector heritage dating back to 1820. MWH Treatment offers a full range of end-to-end services for water and wastewater treatment projects from major projects through to minor works capital maintenance.

Why MWH Treatment chose to use the SIT

“We have been using the Stress Indicator Tool for three years now and it has allowed us to monitor the wellbeing of our employees and help shape our wellbeing programme based on the trends identified each year.”

Were changes made due to the results the SIT provided?

“With the tools ability to provide granular break down of data we are now able to run targeted wellbeing campaigns which target and respond directly to concerns and issues raised by our staff. This targeted approach has enabled a year on year increase in our scoring metrics.”

What initiatives were successful?

“As a direct result of our targeted wellbeing campaigns we have rolled out line manager training of eight modules including stress, change, effective line management, diversity and inclusion, enabling our line managers to better understand and support those working with them.”

What would you say to other organisations considering using the SIT?

“The tool is great to get an unbiased anonymous opinion from your staff which allows you to identify areas of high performance and areas which require improvement. The report building function and the ability to add bespoke question sets allows you to target areas and quickly analyse and trend the data. The platform is also easy to use for all involved.”

Any final comments?

“Excellent tool to gain insight into the views and feeling of your workforce relating to mental health and work-related stress. Which allows you to benchmark performance and set objectives to facilitate continuous improvement.”

The client



GE Renewable Energy – Environmental, Health and Safety Manager

GE Renewable Energy harnesses the earth's most abundant resources – the strength of the wind, the heat of the sun and the force of water; delivering green electrons to power the world's biggest economies and the most remote communities.

With an innovative spirit and an entrepreneurial mindset, GE engineers energy products, grid solutions and digital services that create industry-leading value for customers around the world.

Why GE Renewable Energy chose to use the SIT

“The organisation needed to know the mental health impacts we are having on the people who work here. Running the Stress Indicator Tool provided a baseline statistic to measure this and understand what areas to address for continual improvement.”

Since using the SIT, has it helped to measure and manage the impact work-related stress has on your organisation?

“Yes, using the results the tool provided, we used it to engage at boardroom level on progressing an action plan and pathway to deal with these issues in the workplace.”

Were changes made due to the results the SIT provided?

“We have implemented direct engagement groups and made mental health awareness part of our primary directive.”

What would you say to other organisations considering using the SIT?

“A recommendation would be to work first on the engagement of your employees, get them to open up to the idea before tasking them with a survey, put them at ease with the subject matter and explain the organisations objectives.”

Any final comments?

“I have used the SIT in the last two businesses I have worked, I would recommend everywhere I go to work as it is an invaluable way of getting critical information on mental health to the board room.”

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