

Got Stress?

Deadlines

Money

Weather

Traffic

Customers

Health

Schedules

Family

Boredom

Job security

Company liability

Co-workers

Employees

Boss

Stress can undermine a worker's health and decrease productivity. Take action to manage stress in the workplace.

Employers

Help your employees manage stress by:

- Supporting flexible work schedules to reduce work/life conflict.
- Encouraging frequent breaks for exercise.

Workers

Keep yourself healthy to improve your ability to cope with life's stressors:

- Exercise.
- Eat healthy.
- Spend time with friends or family.

www.KeepTruckingSafe.org

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