



BRITSAFE LEVEL 2

AWARD IN WORKPLACE WELLBEING AND STRESS MANAGEMENT

106/5286/2



Introduction:

The Britsafe Level 2 Award in Workplace Wellbeing and Stress Management is a forward-facing qualification designed to equip team leaders, line managers, HR officers, and workplace representatives with the knowledge and practical tools to support mental health, reduce work-related stress, and promote a culture of wellbeing across diverse organisational settings. Grounded in the Health and Safety at Work Act and aligned with the HSE's Management Standards for work-related stress, the course explores the root causes of workplace stress, early warning signs, legal responsibilities, and effective intervention strategies. Learners are introduced to the organisational and human impact of unmanaged stress, as well as practical approaches to fostering psychological safety, encouraging open communication, and integrating wellbeing into routine operational practice. The qualification enables participants to engage constructively with affected employees, support signposting to professional services, and implement preventative controls tailored to job design, workload, and environment. This course adds measurable value by enhancing leadership capability, strengthening compliance, and embedding proactive wellbeing practices into the core of safety and performance management systems.

Qualification Regulation and Support:

The Britsafe Level 2 Award in Workplace Wellbeing and Stress Management is developed and awarded by Britsafe™ Qualifications UK Limited. This qualification aligns with the Health and Safety at Work Act and HSE Management Standards for work-related stress. All assessments and quality assurance procedures are governed within the awarding body's regulated qualification framework.

Key facts:

Qualification Number:	106/5286/2
Minimum Contact Hours:	8
Guided Learning Hours:	8
Credit Value:	1
Credential Status:	Award
Assessment Method:	Multiple-choice examination



Qualification Overview and Objective:

The Britsafe Level 2 Award in Workplace Wellbeing and Stress Management is designed for individuals involved in promoting a positive and healthy work environment. Participants acquire knowledge and skills related to stress identification, management strategies, and the promotion of overall wellbeing. This qualification ensures compliance with legal requirements, contributing to a healthier and more positive workplace.

The objective of the qualification is to:

- Understand the principles and importance of workplace wellbeing.
- Identify factors contributing to workplace stress.
- Learn effective strategies for promoting wellbeing and managing stress.
- Gain knowledge of creating a positive work environment.
- Demonstrate compliance with legal requirements for workplace wellbeing.

Entry Requirements:

To register for this qualification, learners are required to meet the following entry requirements:

- Must be aged 16 and over
- Participants should have a basic understanding of the English language to effectively engage with course materials and assessments.
- This course is open to individuals of all backgrounds and experience levels who have an interest in workplace health and safety.

Geographical Coverage:

This qualification is suitable for delivery in England, Northern Ireland, Wales and can be offered internationally.

Delivery/Assessment Ratios:

To effectively deliver this qualification, centres are recommended not to exceed the ratio of 1 Qualified Tutor to 12 Learners in any one instance. If centres wish to increase the recommended ratio, they must first inform your dedicated Britsafe™ accounts manager before doing so.

Centre Requirements:

To effectively deliver this qualification, centres should have the following resources in place:

- Classroom with suitable seating and desks; and
- High-quality teaching and learning resources.

Guidance on Delivery:

The total qualification time (TQT) for this qualification is 8-hours and of this 8-hours is recommended as guided learning (GL). TQT is an estimate of the total number of hours it would take an average learner to achieve and demonstrate the necessary level of attainment to be awarded with a qualification, both under direct supervision (forming Guided Learning Hours) and without supervision (all other time). TQT and GLH values are advisory and assigned to a qualification as guidance.



Guidance on Assessment:

This qualification is assessed through a multiple-choice question exam.

- Centre's must take all reasonable steps to avoid any part of the assessment of a learner (including any internal quality assurance and invigilation) being undertaken by any person who has a personal interest in the result of the assessment.
- Centres must follow Britsafe™ Examination and Invigilation Procedures. Completed examination papers are to be returned to Britsafe™ for marking or If in case of online examination; records shall be updated on EMS portal accordingly.

Guidance on Quality Assurance:

Britsafe™ requires centres to have in place a robust mechanism for internal quality assurance. Britsafe™ will support centres by conducting ongoing engagements to ensure and verify the effective and efficient delivery, quality assurance and invigilation of the qualification.

Tutor Requirements:

Britsafe™ recommends nominated tutors for this qualification meet the following requirements:

- A relevant health and safety qualification at Level 3 or higher,
- Membership of a professional body (e.g., IOSH, IIRSM) is desirable.
- Hold a relevant subject area qualification/or be occupationally competent.
- Hold a recognized teaching/training qualification (or suitable equivalent).
- Level 3 Award in Education and Training (AET) or Train The Trainer.





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