

Managing Stress on the Job

Operating a crane is a demanding job. It requires a combination of math, physics, excellent hand-eye coordination, effective communication, and diligence.

There's satisfaction in working as a team to finish a project or complete a lift. But the job often presents you with demanding conditions such as changing weather, handling irregular loads, and lifting in tight areas.

Crane operators take pride in what they do, but there can be a lot of stress on the job.



Potential Sources of On-the-Job Stress

Stress in crane operations can potentially come from six main sources:

- Demands such as workload and deadlines
- The level of control workers have over how they do their work
- The level of support from management and co-workers
- The quality of relationships between co-workers
- The level of responsibility that each worker has
- Changes in organizations that affect workers (e.g., company mergers, job security, etc.)

How to Manage Stress

There are things you can do to manage your stress, perform as well as you can at work and at home, and take care of your mental health. Here are some examples:

- Do your best to maintain open, respectful communication with your supervisor and co-workers even if there are unavoidable disagreements.
- Eat a balanced diet.

- Exercise on a regular basis.
- Practise good sleep hygiene. Try not to get too much or too little sleep. Aim for seven or more hours each night.
- Try stress-reduction techniques such as meditation or other mindfulness activities, deep breathing, or yoga.
- Take care of any health conditions you may have. Stress may make the symptoms of some conditions worse.
- Stay in touch with friends, family, or other groups you have connections with.
- Avoid relying on alcohol or other drugs, gambling, or other unhealthy methods of dealing with stress.
- Talk to a doctor or a mental health professional if you need help. Larger companies may have an employee and family assistance program you can use for support.

Project: Address:

Employer: Supervisor:

Date: Time: Shift:

Number in crew: Number attending:

Other safety concerns or suggestions:

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Record of those attending:

Name: (please print)		Signature:	Company:
1.			
2.			
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15.			

Manager's remarks:

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Manager: Supervisor:

(Signature)

(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation at worksafebc.com.