Discussion Questions

1. Given the framework and the presentations we’ve heard on workplace stress and tools to address these issues, describe practical **primary** prevention actions that could be taken by your members/trainees and/or their employers.

2. Given the framework and the presentations we’ve heard on workplace stress and tools to address these issues, describe practical **secondary** prevention actions that could be taken by your members/trainees and/or their employers.

3. Given the framework and the presentations we’ve heard on workplace stress and tools to address these issues, describe practical **tertiary** prevention actions that could be taken by your members/trainees and/or their employers.
Prevention Levels

“Prevention at the Source”

**Primary Prevention**: prevent hazards and/or risk of exposure to them

**Secondary Prevention**: prevent exposures from turning into harmful outcomes; screening; reduce impact of injury

**Tertiary Prevention**: prevent worse outcomes (harm reduction); coping; reversing