

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/o
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

