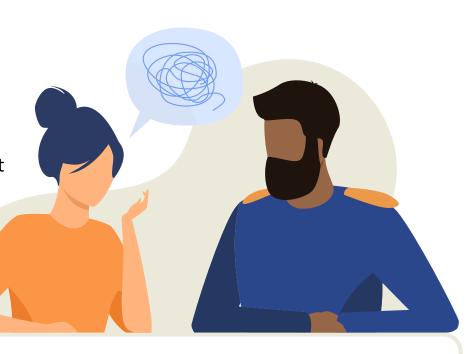# Take a moment and talk
about psychosocial hazards

The things at work that can harm mental health are known as psychosocial hazards.

This National Safe Work Month take a moment and talk about psychosocial hazards.

Psychosocial hazards that may arise at work

- Job demands
- Low job control
- Poor support
- Lack of role clarity
- Poor organisational change management
- Inadequate reward and recognition
- Poor organisational justice
- Traumatic events or material

- Remote or isolated work
- Poor physical environment
- Violence and aggression
- Bullying
- Harassment including sexual harassment
- Conflict or poor workplace relationships and interactions

If you need more information about psychosocial hazards, see the model Code of Practice: Managing psychosocial hazards at work or your work health and safety regulator.

psychological health & safety