

Psychosocial Risk Assessment (Workplace)

6 questions · 8 min. to complete

NOTES FOR PARTICIPANTS

This survey is anonymous and serves the legally required psychosocial risk assessment. No conclusions about individuals can be drawn. Please answer openly – there are no right or wrong answers.

☐ I understand that participation is voluntary and anonymous, and I take part.

1 Work content and tasks

Please rate the following statements.

Please tick one box per row.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
My tasks are clearly defined.	☐	☐	☐	☐	☐
I can do my work without constant interruptions.	☐	☐	☐	☐	☐
The amount of my work is manageable.	☐	☐	☐	☐	☐
I have enough autonomy in my work.	☐	☐	☐	☐	☐

2 Work organisation

Please tick one box per row.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
Work processes are sensibly organised.	☐	☐	☐	☐	☐
I have enough time for my tasks.	☐	☐	☐	☐	☐
I can take breaks as intended.	☐	☐	☐	☐	☐
Overtime is the exception.	☐	☐	☐	☐	☐

3 Social relationships and leadership

Please tick one box per row.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
Collaboration in the team works well.	☐	☐	☐	☐	☐
I receive support from my manager.	☐	☐	☐	☐	☐
I regularly receive feedback on my work.	☐	☐	☐	☐	☐
Conflicts are resolved fairly.	☐	☐	☐	☐	☐

4 Work environment

Please tick one box per row.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
Noise, light and climate are appropriate.	☐	☐	☐	☐	☐
My technical equipment is sufficient.	☐	☐	☐	☐	☐
My workplace is ergonomically designed.	☐	☐	☐	☐	☐

5 How often do you feel emotionally exhausted by your work?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often

6 Where do you see the greatest strain – and which improvement would help you most?

In your own words, please.

Prefer to analyse it digitally?

On paper, every sheet has to be typed up afterwards. The same template runs in DataLion as an online survey, and the analysis builds itself as responses come in — filters by department included, PowerPoint export too.

<https://datalion.com/en/templates/psychosocial-risk-assessment/>

A free template from DataLion. The same questionnaire is available as a ready-made online survey with automatic analysis:
<https://datalion.com/en/templates/psychosocial-risk-assessment/>