

**The Impact of Health & Safety Practices on Work Stress:  
A Study with Special Reference to Operational Employees of  
ABC Packaging (Pvt) Limited**

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Health and safety practices are essential factors which considered affecting the work stress. In many times organizations try to reduce the high stress of workers of the organizations. For that, they use several methods, which support to reduce the stress of workers. The study was conducted to determine the impact of health and safety practices on work stress regarding the Paper Sacks manufacturing company. The researcher used the quantitative approach for the study. The methodology adopted for this involves deductive, reviewing existing literature related to the research theme and primary data. Primary data have been collected through a structured questionnaire. The sample was selected using a Simple Random sampling technique and ninety of the operational level employees were selected as samples for this study. The respondent rate was 90% of the population. To test the hypothesis was concerned with the relationship between health practices and work stress correlation was applied. It is found that there is a perfect negative impact of health and safety practices on work stress and there is a negative relationship between health and safety practices and work stress. It is recommended to do more health and safety relate studies in this context and also improve more health and safety practices throughout the organization and it leads to maintain the employees' stress at an effective level.

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