#2 | HSE ADVICE

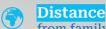
Preventing Psychosocial Risks on International assignments

By Mohand Toudert HSE Supervisor



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What can cause psychosocial risks (PSR)?



from family and familiar environment



Cultural and language challenges

Expectations

Performance pressure from day one

External conditions

Isolation, harsh climate, or security concerns



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Warning Signs



Fatigue

Persistent fatigue, sleep disturbances



Involvement

Loss of motivation, unusual mistakes, difficulty concentrating



Isolation

Social withdrawal after work



Irritability

Sudden changes in mood or behavior



Altea Energy's **Prevention Measures**



Onboarding

Pre-departure briefing: cultural, safety, practical info



Follow-up

Regular check-ins during mission



Communication

Confidential alert and support channels



Medical Action

Referral to psychological or medical support if needed



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Support Role & Practical Tips

- ✓ Managers and support teams as first safety net
- ✓ Listen without judgment, build trust
- Prepare for the local context
- Stay in touch with loved ones
- ✓ Maintain wellness routines: rest, food, activity
- Speak up early if something feels wrong



ALTEA

Learn more about PSR on international assignment

www.altea-energy.com/blog

