

#2 | HSE ADVICE

# Preventing Psychosocial Risks on International assignments

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# What can cause psychosocial risks (PSR)?



## **Distance**

from family and familiar environment



## **Adaptation**

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

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# 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



# Learn more about PSR on international assignment



[www.altea-energy.com/blog](http://www.altea-energy.com/blog)

