

Clerical workers recognize the invisible hazard – workload

HEU clerical workers represent about 20 per cent of the union's membership. In a recent survey, clerical workers reported the growing demands placed on them – increased duties, short-staffing, added responsibilities, and more computer training required.

Most health care workers experience workload challenges, but ask yourself the following:

- YES** Do you ever miss your breaks?
- YES** Do you sometimes start work early or stay late?
- YES** Do you often eat lunch at your desk?
- YES** Do you occasionally ignore neck, back or hand pain?
- YES** Do you know what your job description says?
- YES** Do you tackle an overwhelming workload with a smile because you're on the frontline of health care?

Do you have any control over your workload?

Workload is an occupational health and safety issue. And you can do something about it.

Clerical workers: More than meets the eye
Our Work Matters!



Check out the latest issue of *PaperWork* on the HEU website:

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