

Clerical workers recognize the invisible hazard – workload

HEU clerical workers represent about 24 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 tackle an overwhelming workload with a smile because you're on the frontline of health care?
- YES ✓** Do you have any control over your workload?

Workload is an occupational health and safety issue. And you can do something about it. Contact your local OH&S committee for assistance.



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Check out the latest issue of *PaperWork* on the HEU website: www.heu.org

