



January 28, 2016

Secretary-Treasurers

Dear Sisters and Brothers:

**Re: One-day Workload Workshops**

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The Hospital Employees' Union will continue to hold one-day workload workshops through 2016.

This one-day workshop is designed to provide locals/sites with the tools necessary to develop a strategy to address workload issues.

In this workshop members will learn:

- The connection between workload and stress
- The connection between workload, bullying/harassment, and violence
- The importance of documentation
- Different tools that can be used to make workload the employers' problem
- How to tie workload to worker safety

Members will leave the workshop with a concrete plan designed specifically for their worksite.

To be successful, a strategy to address workload requires time and commitment on behalf of the workplace organizers. Therefore, we suggest that if your local/site is interested in developing a workload campaign that you send two to four members to attend the workshop.

We will be offering these workshops in the following locations:

<u>Location</u>	<u>Date</u>
Williams Lake	May 11, 2016
Nelson	June 23, 2016
Terrace	June 28, 2016
Revelstoke	To Be Announced (TBA)
Lower Mainland	TBA
Lower Mainland	TBA

In keeping with HEU's desire to bring educational opportunities to members "closer to home" we are holding the workshops in many smaller communities in different regions. While all members are welcome to attend we will not be providing accommodation. Members will be reimbursed for mileage, receive the in-town per diem of \$30, wages, and have approved childcare expenses covered.

If you have members in these communities please encourage them to fill out the attached application form and return by **February 26, 2016**.

In order to hold a successful workshop, we need a minimum of seven (7) members to enroll.

Additional application forms are available on the HEU website at [www.heu.org](http://www.heu.org).

In solidarity,



Jennifer Whiteside  
Secretary-Business Manager

Attachments

cc: Chairpersons  
Provincial Executive  
Reps and Directors