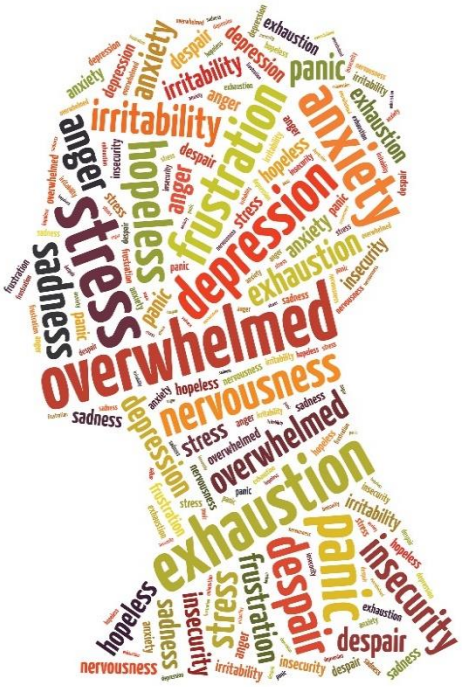
Are you tired of being tired?



YOUR BODY HURTS AND MIND IS STRESSED BECAUSE OF WORKLOAD

LET'S ORGANIZE ACTIVITIES TO MAKE WORKLOAD THE EMPLOYER'S PROBLEM

1. Talk to co-workers to about taking actions
2. Contact your Local Chairperson
3. Local Chairperson will contact the Servicing Representative
4. Servicing Representative and OHS education will help you and your co-workers plan collective activities, starting with a workshop.

Organize for a HEALTY, SAFE, and BALANCED work life!