

## Workload and work/life balance

Your union has been made aware staff are feeling pressure as a result of several rounds of VRs, the loss of internal knowledge and lack of staff. Ensuring workload doesn't become a Work Health and Safety risk is an essential role of management.

This includes looking after staff and ensuring people aren't on the verge of burnout. We understand management is proactive regarding mental health, however the union feels it's necessary to raise it once again with senior management.

The CPSU NSW had a Joint Consultative Committee meeting with management last week and raised these concerns, with some suggestions on ways to address it. In order to ensure this issue is dealt with appropriately, we are requesting staff to send an email to [kjackson@psa.asn.au](mailto:kjackson@psa.asn.au) about your workload, how it's affecting your work/life balance and mental health. The CPSU NSW would also like to know how you can think this issue can be mitigated. Please note, all information will be de-identified, and shared only if necessary.

If you have any questions or concerns, please don't hesitate to call the MSC on 1300 772 679 or email [kjackson@psa.asn.au](mailto:kjackson@psa.asn.au).

Alternatively, you can contact your delegates Rachel Tribe on [Rachel.Tribe@nswlrs.com.au](mailto:Rachel.Tribe@nswlrs.com.au) or Phyllis Schinella on [Phyllis.Schinella@nswlrs.com.au](mailto:Phyllis.Schinella@nswlrs.com.au).

Please share this with your colleagues. Your union is concerned this is an issue across all of LRS, so we need to gather as much information as possible.

The CPSU NSW is only as strong as its members, and the more people in the union means a safer and better workplace. The union is your best voice to management, and will ensure that you're protected at work. You can join at [www.cpsunsw.org.au/join](http://www.cpsunsw.org.au/join).

