

ROLE OVERLOAD SOUNDS LIKE:

This is way **above my pay grade**

I'm doing **enough work for two** people here

Looks like I'm **working late ...again**

Something **has to give**

I'll never get this **done on time**

They **delayed the start date** but not the **deadline**

I **don't know how** to do this but I'm **too scared to ask**

Why is it always me **stuck doing overtime?**

Role overload is a psychosocial hazard.

Managing peak demands and challenging work is possible when we are trained, skilled and have enough time to do the work. Without these supports in place, role overload can result in sustained stress and pressure. Over time, this can lead to a psychological injury.

If you feel like you can't keep up, have an unreasonable workload or aren't properly trained for the work you do, you have options. Speak to your manager, human resources team or WHS representative to get help. When these internal processes fail, you can report your concerns to WorkSafe ACT and our psychosocial team will look into it. You can even report it anonymously.

