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On Behalf Of:

Committee: Senate Committee On Labor and Business

Measure: SB631

I am currently working in an Oregon state agency that is required to do mandatory overtime. On a good week we may only be required to do one additional 8-hour shift. This 8-hour shift is not on your day off. I end up working 16 hours straight, driving home, going to sleep as fast as I can so I can get up and make it to my next shift without being late. Under the best circumstances I may get 5 or so hours of continuous sleep. Thankfully I live close by, my wallet hates it because of the living costs, but I do have co-workers that commute daily 30+mins one way on a low traffic day. Sometimes that could be doubled, this also includes a shower and dressing myself, preparing a lunch, feeding the pets, and anything else I may need to deal with before the next shift. Then I work another 8 hours with a small hope of not having to do it all over again. Per our labor contract we can be hit twice in the same week with overtime (16 hours over your 40-maximum required), and that includes back-to-back shifts. Can you even imagine working TWO solid 16 hour shifts back-to-back with only 8 hours to care for yourself, anywhere from 20mins to 2 hours commute time and 5 of those hours are taken up by that pesky thing we need called sleep? Not only is this not enough sleep even for a normal day and you tend to be not in your best working condition, but it's also been proven that maintaining a sleep schedule like this will lead to two or more chronic health conditions. I often pack a double lunch because I never know what days I will have to stay. I have children I have to find and arrange care for often last minute because we can be required to stay as we are headed out of the doors. All of this, and if you work in a correctional institution, you have to be on high alert and prepared for anything to happen. If you're in a nursing position, you have to be very aware of what you're doing because it could be someone's life on the line. Would you want to be a patient knowing your nurse has only had 5 hours of sleep after working a 16-hour shift? This really does happen, I'm currently living it, right now at least once a week which is thankfully better than what it has been in the past. I'm not given the option, I am required to, and refusal could and likely would lead to a termination of my employment. Please, something needs to be done to help us take back some of our lives and be able to live a healthier life, and this bill is a small step in the right direction.