

Chair Taylor Members of the Committee,

In most cases, I am working at least two back-to-back mandatory overtime shifts every week.

The lack of sleep after a mandated overtime shift makes it very difficult to perform in such a demanding job like corrections. Your reaction is slower, at times you are confused and it's hard to concentrate completely on everything that is going on around you. When that happens, our staff is at a much greater risk of being assaulted. It's very dangerous for everyone. Also, our workplace morale is very low. The interactions you have with people who are tired or on edge all the time makes the work environment very negative, it makes you not want to come to work.

Working so much mandatory overtime has impacted my health dramatically, to the point that it was recommended by my provider to find a way to limit to how many times I can be mandated per week, or to find another career. I don't have time for anything else outside of work during my workweek, and what little time I have off, I use to sleep and get rest. I rarely have dinner with my family during my the week, much less time to do any other types of activities.

After your first mandated overtime shift of the week is over, you come to work the next day just thinking about being mandated again back-to-back. You think about it when deciding if you will attend a school event or activities with family before work, because it might be better to instead stay home and sleep more so that you can prepare yourself for the next mandated shift. All you can think of during a workweek is when will you be mandated again and how will this affect your family and the things you need to accomplish in your personal life for the week. The amount of stress that causes for you and your family is terrible.

**Adolfo Alonso Nolasco**

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