

AUGUST 2018

BREAK UP YOUR DAY KEEP STRESS AWAY



LMP LABOR MANAGEMENT
PARTNERSHIP



Break up

If your UBT doesn't take its breaks, everyone's health and safety is at risk.

1. Ask if all team members take their breaks, including lunch.
2. If not, find out why.
3. Discuss solutions.
4. Rank the solutions, easiest to hardest.
5. Put easiest solution into action.
6. Discuss weekly to see if things improve.

your UBT!

Breaks also reduce stress. At your next UBT meeting, take this Break Brainstorm:

7. If things haven't changed, work with your team to try other solutions on your list.
8. Follow up after a few weeks. If the problem has not yet been resolved, think about your next steps.
 - + Who should be informed?
 - + Who can help you advocate for the needed solution?

Use this Break Brainstorm chart to track your progress.

How many UBT members take all breaks?	Barriers	Solution(s)	30-Day Follow-up:	Next Steps
<input type="checkbox"/> Most/All <input type="checkbox"/> Some <input type="checkbox"/> None			<input type="checkbox"/> Corrected <input type="checkbox"/> Is being addressed <input type="checkbox"/> Not being addressed <input type="checkbox"/> Don't know/ Other:	