Multiple Jobs = Multiple Layers of Burnout

According to the Bureau of Labor Statistics, more than 400,000 Americans work two full-time jobs. Many of those workers are right here in our hospitals. These workers, such as shuttle drivers and transportation, finish long shifts and must then head off to another source of employment, just to make ends meet. They often spend most of their day on their feet, are expected to be personable with customers and patients, are not usually unionized, and often lack benefits and protections.

Multiple jobs leads to multiple layers of burnout: it means time away from family and personal activities, and can have long-term physical and mental consequences. We should not live in a society with rising inflation and an untenable cost of living, where workers do not receive a living wage even in a 40 hour work week.

'Tis the Season for Overwork

When you work at a hospital, winter can feel more like a holiday "surge" than it does a holiday "season." This is because the holidays see more patients coming into the ER, and winter months bring more respiratory illnesses such as the flu. Consequently, we see higher patient loads and experience more overwork. To make matters worse, this year we're facing what is being called the "triple threat" of COVID, influenza, and RSV.

In other words, the holidays are a crazy time if you work in healthcare. While many of us would prefer to make merry with family and friends, a hospital never sleeps! So although our 1.5-2.5 holiday pay may be nice, we know it never compensates for the moments we lose because we are busy making the hospital run.

Don't Come in Sick... What's Sick is Management’s Absence Policy

In pre-pandemic life most of us would push through a cold or an illness because there was no coverage, we couldn’t suffer the pay loss, or we needed to save personal days. However, in our current world, especially after living under COVID, we should not be coming in sick for our own health and for the sake of others. It is not a workers’ responsibility to find coverage if the boss has made a job so unappealing that there’s no one to hire. So when you’re understaffed during flu season, blame management, not yourself or your sick coworker.

A Homage to Fred Hampton

This Sunday, December 4th, commemorates 53 years since the FBI assassinated Black Panther, Fred Hampton. Hampton was a great organizer, who believed in the power of the people to decide on their future. He understood that inequality, racism, poverty and oppression were intertwined, and a result of how the capitalist system operates. He organized with other multiracial groups fighting for the liberation of Black, Latino/a, and poor white people. We celebrate and draw inspiration from his life!

Come to a Speak Out Online Townhall
Saturday, December 10th @ 12am
Iran: A Mass Uprising … Where Could it Lead?

We’re going on holiday...
We’ll be back with this newsletter the week of January 16th