

STRESS IN THE CARE SECTOR AN IMPORTANT GMB SURVEY

Please complete this GMB “Stress in the Care Sector” survey. We need evidence to show why action is desperately needed and to highlight the major sources of stress.

You can hand your completed GMB survey to your GMB Staff Representative or send it freepost to: FREEPOST GMB LONDON. You don't need a stamp or any other address details.

**Care workers provide an amazing service to the public.
Even with rising demand in the Care Sector, you have a right to
healthy and safe working conditions.**

We want to put stress and workload high up on the agenda in negotiations and joint working with employers and other parties.

Individual survey results will be treated anonymously.

GMB will use the overall results to call for investment to improve staffing levels, positive action on staff health and well-being, zero-tolerance of abuse, bullying, violence, and action on whatever other issues the survey brings to light. All completed forms will help us to construct the evidence we need.

If you are interested in becoming a representative within your workplace please contact your GMB officer.

GMB would like to thank you for completing this survey.

Yours sincerely

Koulla Flaherty
GMB London Officer

**GMB members experiencing a problem at work
can seek advice from their GMB Staff
Representative or GMB Officer.**

**If you are not a GMB member, join now at
www.gmb.org.uk/join or fill in the membership
form included in this survey.**

ONLY GMB MEMBERS GET GMB HELP.

**Once you have completed this GMB survey you can send it freepost to:
FREEPOST GMB LONDON. You don't need a stamp or any other address details.**

What is your role?

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Are you a GMB member? Yes No

During the last 12 months:

Has your job become more or less stressful?

- Much more stressful A bit more stressful Stayed the same
 A bit less stressful Much less stressful

How has your workload changed?

- Increased a lot Increased a little Stayed the same
 Decreased a little Decreased a lot

Have you felt stressed at work?

- Always Often Sometimes Never

Have you taken time off sick because of work related stress?

- Yes, more than a week Yes, less than a week
 No, but I was very close to it No

Do you worry about stress or excessive workload:

affecting your ability to do your job?

- Yes, often Yes, sometimes No Not sure

leading to situations where care cannot be provided to the required standard?

- Yes, often Yes, sometimes No Not applicable

Are you satisfied with your work-life balance?

- Yes No Not sure

Do you think your senior management does enough to tackle stress and excessive workloads?

- Yes No Not sure

Do you think you might need time off sick due to stress, if the situation doesn't improve?

- Yes No Not sure

What are the major sources of stress in your job? Please tick any that apply.

- The demands of the job
- Long hours
- Not enough staff
- Not enough resources
- Increasing workload
- Pressure to meet targets
- Pressure to work excess hours
- Abuse, bullying or violence
- Other (please specify)

Do you feel able to raise these concerns with management?

- Yes No Not sure

Does your shift ever overrun?

- Always Often Sometimes Never

Do you ever work through your allocated breaks?

- Always Often Sometimes Never

Do you feel you have an adequate amount of time per patient?

- Always Most of the time Not normally Hardly ever
 Not applicable

What would help to reduce the pressures on your job? Please tick any that apply.

- More staff
- More resources
- More support from management
- Action to tackle excessive workloads
- Action to tackle abuse, bullying or violence
- Being able to work my proper hours
- Being able to take my breaks
- Having fewer targets to meet
- Other (please specify)

Any other comments?

