

Workload Management: Why it's Important

Presence

Absence



**Enhances feeling
fulfilled and rewarded**

**Increases physical,
psychological and
emotional fatigue**

**Increases job
satisfaction**

**Increases stress and
strain**

**Increases likelihood
to thrive at work**

**Negatively impacts
performance**

**Allows for positive
coping behaviours to be
learned and
experienced**

**Diminishes sense of
personal
accomplishment**

**Increases the likelihood
to 'go the extra mile'**

**Increases sense of
inadequacy**

WorkSafeTM

S A S K A T C H E W A N

Work to live.

#MyWorkplaceHealthMatters