

## Stress and Workloads

Rising workloads - linked to job and funding cuts and the increasing pressure applied through Academic Standards - are a growing problem. UCU @ QUB is committed to campaigning to control workloads and tackle performance management strategies and occupational stress and bullying in the workplace. It is important to remind all staff at Queen's that there are strict limits on how many hours one should work per annum. The legal guideline for staff in the HE sector is 1650 hours per annum that is 37.5 hours per week (based on 44 working weeks per year). However, as recent surveys by UCU show, most staff in academia work more than that.

**Hence, it is important that you record your workload and raise any workload and stress issues with your line manager.**

**Also, if you feel that you are suffering from occupational stress you should raise your concern with your line manager and seek advice from colleagues, friends, and/or trade unions representatives.**

**Free counselling and support is also available from a number of sources.**

In the first instance you should contact:

[The University Counselling Service - Carecall](#)

If they cannot assist you then you can contact

[Recourse](#) - A charity that gives emotional, financial and practical advice to all staff working in FE and HE.

### **Useful contacts:**

Occupational Health Officer at Queen's University Occupational Health Service, 5 Lennoxvale, Belfast BT9 5BY Tel: 02890335520, e-mail: [occhealth@qub.ac.uk](mailto:occhealth@qub.ac.uk).

<http://www.hse.gov.uk/stress>

<http://www.hseni.gov.uk>

<http://www.tuc.org.uk>