



**STOP** doing the work of two or more fellow members

**STOP** being stressed out about it

**STOP** feeling pressured by management to do more work

**STOP** the staff vacancies

**STOP** the overtime

**STOP** eating lunch at your desk/work location

**STOP** coming in early/leaving late

If we all **STOP** doing what we have been doing in the past we will send a strong message to management that we mean business by saying

*NO MORE* to these and other work related situations that have been imposed upon us. We as a strong union will force management to realize the importance of having a healthy, productive work force. It is time for us to stand up and be recognized for what we do and not be taken advantage of. We are not alone in this fight, we are joined by our brothers and sisters across the country.

*NO MORE* to lack of staff

*NO MORE* to bullying tactics

*NO MORE* to unwanted pressures and demands

*NO MORE* to an unhealthy work environment

*NO MORE* to do more with less staff



**We win when we work together!**