

Chair Taylor Members of the Committee, Working one or two mandatory overtime shifts every week makes me so tired that I am physically unable to move quickly in an emergency situation, but it also means that I am slower at decision-making and less aware of my surroundings, which is dangerous in this type of work.

The constant mandatory overtime and the physical and mental effects of it make more and more staff not want to be here, which further increases the problem. Exhaustion leads to more people calling out, burning their sick time and vacation hours that should be used for time to relax and enjoy their lives. I have so much less time for family and friends. I constantly have to cancel plans due to being forced to work or being too tired to do anything after work.

The physical and emotional toll on me is tough. This job is stressful enough without the increase in depression and anxiety due to being overworked. I don't have time or energy to work out or do other forms of self-care for my physical or mental health. It's become so difficult to form and maintain relationships, and for someone who wants to start a family, this is really hard.

**Emma Baker**

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