

Chair Taylor Members of the Committee, I work mandatory overtime about four times a month, and it creates a large amount of fatigue and wear on my body. It has really impacted my physical health. According to my doctor, I now have high blood pressure. I also get frequent headaches and stomach issues, and I've gained weight as well. The lack of sleep makes it really hard to observe what's happening around me, and I don't feel like I'm able to keep everyone around me safe.

I had to change shifts because of it. Depending on the week, my family never gets to see me. I have thought about changing careers. I have been in corrections for 12 years and have always thought that if overtime wasn't as bad, I would actually like coming to work.

We absolutely must find a balance. If you take care of your employees first, they will do a better job and the whole facility improves. When staff are in a better mood, they're more aware and more invested in their jobs. And that means that we have a safer prison and a more enjoyable place to work.

**Matthew Brown**

Oregon Department of Corrections