

## RISK ASSESSMENT FOR BURNOUT

### SCENARIO

Individual works basic 37.5 hours a week. As an addition, they work voluntary overtime on average 3 times extra per week totalling an extra 30 hours. They have been undertaking extra work outside of their paid job that takes a minimum 10 hours per week. They travel 20 miles to work each way taking an average 1 hour each way per day. The person approaches you stating that they are finding it hard to cope. They have identified a trigger as having to work 33 days with no break.

### QUESTIONS

1. What do you do?
2. What controls do you put in place?
3. What do you put into place as a support mechanism for the individual?