

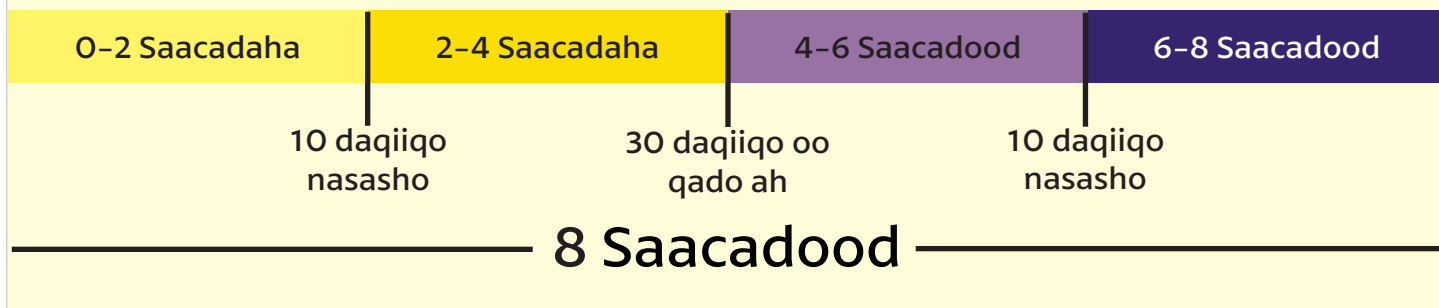
# Dhibaato ku Meel Gaarka ah?

Waxaad tahay shaqaale **saacad** ah. Waxaad shaqeyneysaa saacad, ma aha dhulka ama dhismaha.

Loo shaqeeyahaagu waa inuu ku siiyaa **8 saacadood** oo isbeddel ah. Sharci ahaan, waa inaad qaadataa:

**labo nasasho 10 daqiiqo ah iyo hal qado 30 daqiiqo ah.**

## Qaado nasashadaada. Waxay ilaaliyaan sharciga.



## Adiga oo Dhibaato Dhamaysta Shaqadaada?

Waa shaqo-bixiyahaagu inuu ku siiyo rajooyin cad. Waa shaqo aad leedahay la xiriir loo-shaqeeyahaaga haddii aad dhibaato ka qabto shaqadiinna.

Haddii aad dareentid in aad leedahay wax badan oo aad ku dhameysatid wakhti kasta, u sheeg kormeerahaaga ama asxaabtaada 10kii daqiiqo ee ugu dambeysey.

## Weli Dhibaato?

Haddii aad waydiisatay kormeerahaaga / asxaabtaada wixii caawimaad ah, arrintaasna ay sii socoto, **la xiriir ururkayaga**. Ururka shaqadeenu wuxuu kaa caawin karaa in la caddeeyo rajooyinka ama xalinta dhibaatooyinka.

Shaqadaadu waa inaad sameysid ugu ficnaanta 8da saacadood inta aad qaadaneyso qadadaada iyo nasashada. Ha ku shaqeynin qadadaada ama nasashada.

**Ha u shaqeynin bilaash.**



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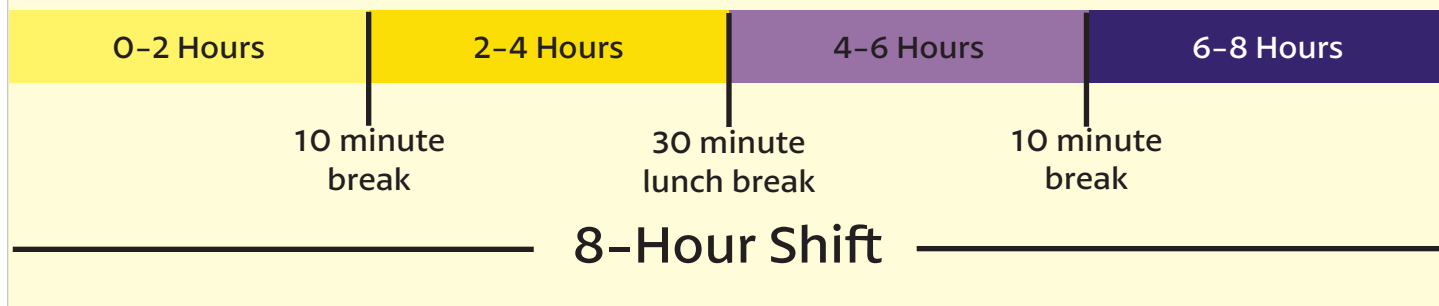
Su'aalo? La xiriir ururkaaga.  
Wac 206-448-3748. Nagu soo booqo bogga internetka [www.seiu6.org](http://www.seiu6.org), ama Facebook @

# Problem with Workload?

You are an **hourly** employee. You work by hour, not by floor or by building.

Your employer should provide you an **8-hour** shift. By law, you must take:  
**two 10-minute** breaks and **one 30-minute lunch** break.

**Take your breaks. They're protected by law.**



## Having Trouble Finishing Your Work?

It's your employer's job to provide you with clear expectations. It is your job to communicate to your employer if you're having trouble finishing your work.

If you feel you have too much to finish per shift, **notify your supervisor or foreman on your last 10 minute break.**

## Still Having Trouble?

If you've asked your supervisor/foreman for help and the issue continues, **contact our union.** Our union can help to clarify expectations or to resolve problems.

Your job is to do the best you can in 8 hours while taking your lunches and breaks. Do not work through your lunch or breaks. **Do not work for free.**



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Questions? Get in touch with our union.  
Call 206-448-3748. Visit us on the web at  
[www.seiu6.org](http://www.seiu6.org) or Facebook @SEIU6.