

# Workplace Bullying

staffing | stress | targets | pressure | workload | performance

## What is bullying?

Are you or your colleagues experiencing repeated unreasonable behaviour such as:

- Being belittled by a colleague
- Verbal abuse
- Intimidation
- Denial of entitlements like sick leave i.e. being told to take annual leave instead of sick leave
- Threats of being “managed out”
- Excluding or isolating employees
- Psychological harassment
- Giving employees impossible assignments and assigning meaningless tasks that are unrelated to their job
- Changing work rosters to inconvenience particular employees
- Deliberately withholding information necessary for effective work performance
- Excessive scrutiny at work

If you or your colleagues think you are experiencing any of these you may be being bullied.

Bullying can occur wherever people work together. Bullying is not always intentional, sometimes people do not realize their behaviour is harmful to others.

All occupational health and safety legislation requires that the workplace is free from risks to employees health and safety.

## What should you do about it?

Contact your Union the Finance Sector Union directly on **1300 366 378** or **fsunion@fsunion.org.au** for information, advice and support.

You are never alone in a Union.