



WORKPLACE BULLYING: IT IS NOT ALWAYS PHYSICAL



- Over-monitoring of work
- Verbal aggression
- Withholding information
- Withholding job responsibility
- Trivial fault finding
- Replacing proper work with demeaning jobs
- Setting unrealistic goals or deadlines
- Social isolation (silent treatment)
- Rumours
- Personal attack on your private life
- Excessive or unjustified criticism

YOU CAN REPORT THESE IN CONFIDENCE TO YOUR EMPLOYERS
Let's work together to make our workplace safe and respectful