

過勞量表 Overwork Survey

工作單位Unit name:	
性別Gender :	姓名Name
月加班時數 How many hours of overtime in a month?	
<input type="checkbox"/> < 45 hours <input type="checkbox"/> 45-80 hours <input type="checkbox"/> > 80 hours	

參考勞安所研發「過勞量表」做為職場工作者過勞問題的自我評估工具，其包含「個人相關過勞」和「工作相關過勞」狀況

This survey is used as self-evaluation of whether an employee overworks, based on the Overwork Survey by Occupational Safety and Health Administration, Ministry of Labor. The survey includes personal-related overwork and work-related overwork.

(請在適當項目○中塗● Please check or color the number that fits the description.)

個人疲勞指數檢測 Personal fatigue					
項目 Item	總是 Always	常常 Often	有時候 Sometimes	不常 Rarely	從未或幾乎從未 Never
1. 你常覺得疲勞嗎? Do you often feel tired?	○	○	○	○	○
2. 你常覺得身體上體力透支嗎? Do you often feel physically exhausted?	○	○	○	○	○
3. 你常覺得情緒上心力交瘁嗎? Do you often feel emotionally exhausted?	○	○	○	○	○
4. 你常會覺得「我快要撐不下去了」嗎? Do you often feel "I cannot do it anymore"?	○	○	○	○	○
5. 你常覺得精疲力竭嗎? Do you often feel exhausted?	○	○	○	○	○
6. 你常常覺得虛弱，好像快要生病了嗎? Do you often feel weak and it seems that you are getting sick?	○	○	○	○	○

工作疲勞指數檢測 Work-related fatigue					
項目 Item	總是 Always	常常 Often	有時候 Sometimes	不常 Rarely	從未或幾乎從未 Never
1. 你的工作會令人情緒上心力交瘁嗎？ Does your work often make you feel emotionally exhausted?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. 你的工作會讓你覺得快要累垮了嗎？ Does your work often make you feel that you might collapse?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. 你的工作會讓你覺得挫折嗎？ Does your work make you feel frustrated?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. 工作一整天之後，你覺得精疲力竭嗎？ After working a whole day, do you feel physically exhausted?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. 上班之前只要想到又要工作一整天，你就覺得沒力嗎？ Before going to work, do you feel tired or not energetic when thinking that you need to work a whole day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. 上班時你會覺得每一刻都很難熬嗎？ During work, do you feel it's difficult to go through every second?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. 不工作的時候，你有足夠的精力陪朋友或家人嗎？ When you do not work, do you have enough energy to be with your friends or family?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

簽名(Signature) : _____

日期Date (YY/MM/DD) : _____年____月____日