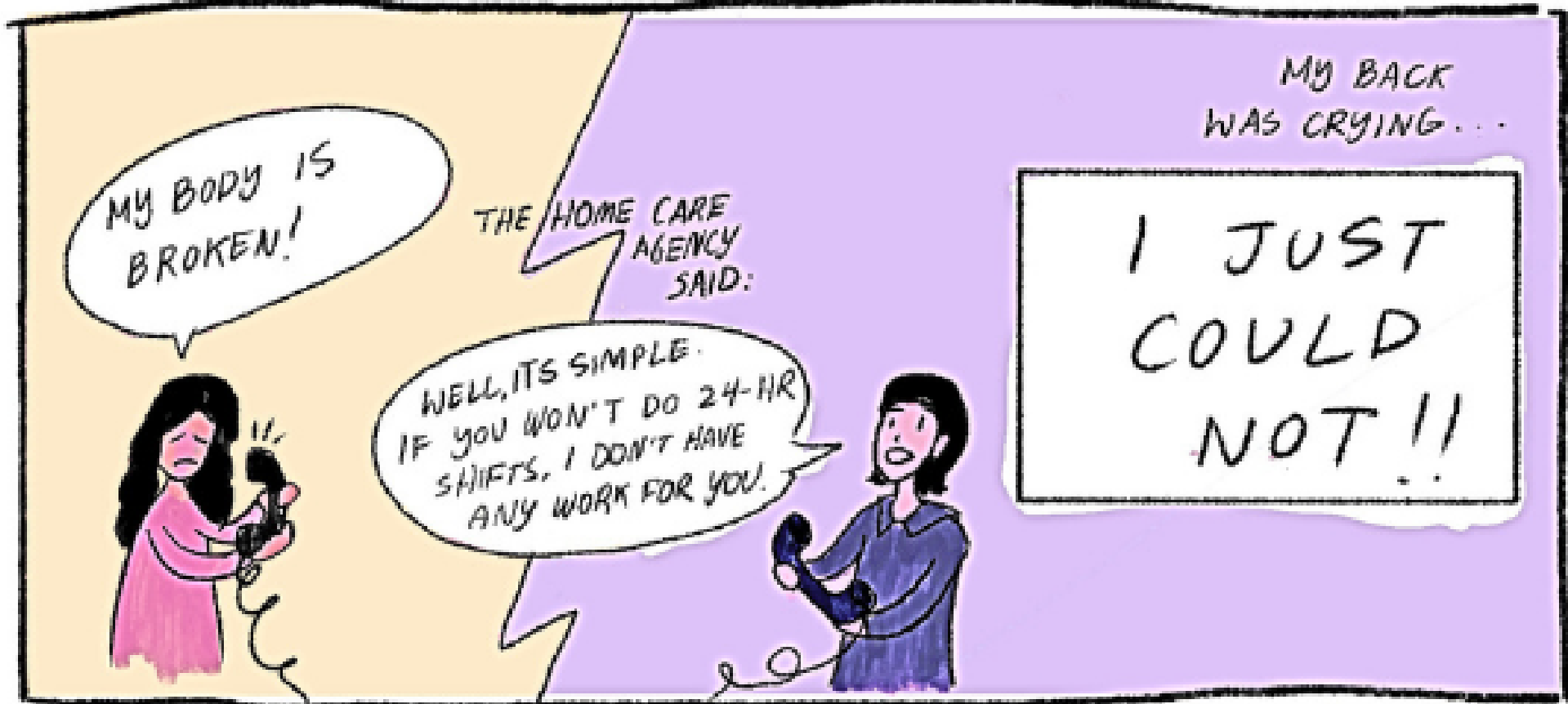
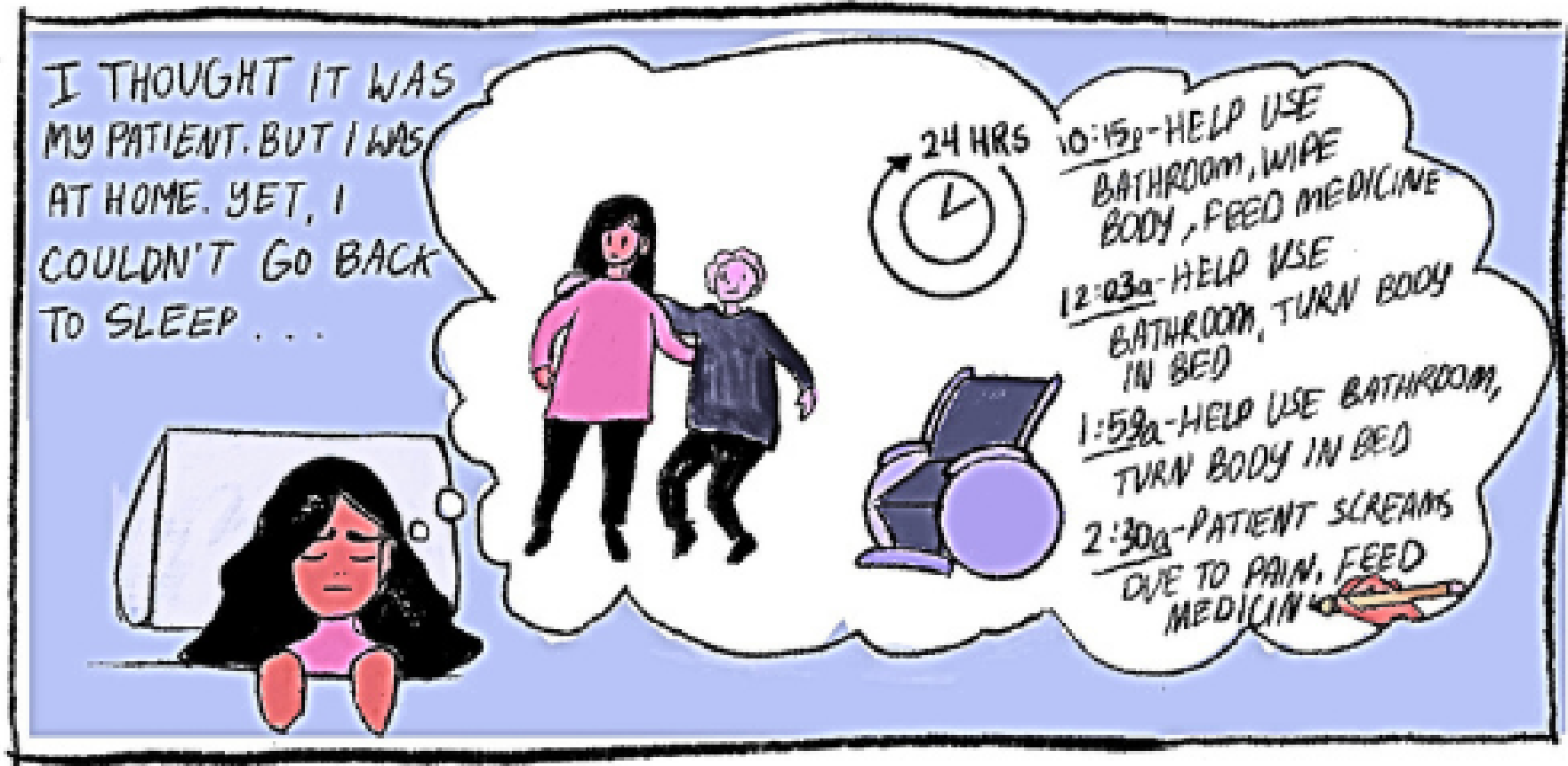


YOUTH AGAINST SWEATSHOPS, MEMBER OF THE AIN'T I A WOMAN?! COALITION

MARIA, HOME ATTENDANT, GETS HOME AFTER FOUR DAYS OF 24-HOUR SHIFTS...



WHAT DO WE DO?...

WHAT DO WE DO?...

WHAT CAN WE DO?!?!!



JOIN US TO END THE 24-HOUR WORKDAY!



Why does the 24-hour workday exist in NYC?

New York City is celebrating a majority-woman city council led by a Black woman speaker, Adrienne Adams. Yet, NYC is only place in the world where home attendants, predominantly women of color, are given no choice but to work 24-hour shifts. Why?

Speaker Adams has colluded with powerful insurance and home care companies to block the *No More 24 Act*, a city bill that would split the much needed 24-hour care into two 12-hour shifts - as it is everywhere else outside NYC.



It's bad for both workers and patients.

The Nation. “

~ From “Ban the 24-Hour Workday!” by Dawn Kikel, *The Nation*, Nov 29, 2023

How can a worker asked to care for someone who needs 24-hour assistance plan their mandated breaks? The issue *isn't* just wage theft—or exploitation. **Sleep-deprived people make mistakes that can undermine the care of their patients.** Given the lack of sleep and the requirements of the job—like counting out medicine or cooking on a hot stove—**accidents can easily happen.**

When the most progressive city in the US treat people with violence, as extreme as 24-hour workdays...

...what kind of lives & futures can any of us working people expect to have?!

I lost my gallbladder and had to go through heart surgeries. Both of my shoulders have been injured for many years.

My family relationship is far from good. We must change our working environment. For the sake of future generations, too.

~ Li Chen, home attendant, 5-6 years of 24-hour workday



Overworking shortens our lifespan.

“Working 55 hours or more per week is a serious health hazard,”
Dr. Maria Neira
World Health Organization.

- **Working more than 55 hr/wk will kill you!**
- **In 2016, an estimated 754,000 people died from overwork-induced stroke and heart disease. Up 19% and 42% since 2000.**

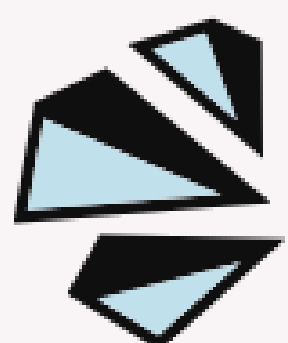
During my training to become a doctor, I had to work shifts of 24 hours. I would come in as a person and leave as a zombie, a shell of myself. I remember how exhausted and depleted I felt.

I couldn't bring up any empathy or compassion for the people I was taking care of and I was shocked at how empty I felt inside. Some of my lowest points during residency in terms of my mental health were during and in between those 24 hour shifts.



~ Laura, physician

More workers are forced to work multiple jobs.



- **More than 1 in 3 full time workers work more than 50 hours a week.**
- **If you say no, you're told plenty of people are eyeing your job.**
- **The other side of the same coin is underemployment.**

Students [stay] up day and night to finish finals projects. Many of us are unable to sleep and eat properly. I have friends who have gotten sick because of it, but they have no time to recover.

Many even brought their toothbrushes and face wash to their studios because they don't have time to go back to their dorms. They are already preparing young people for a life of grueling, hard work.



~ Alice,
college student

Working people demand an end to the 24-hour workday, with round-the-clock home care provided in split shifts of 12 hours like everywhere else!

We worked mandatory overtime, which subjected us to 11 to 12-hour shifts 5 days a week for several weeks. And the likelihood of injury rises as exhausted workers face demanding schedules.

In my nearly four years working at Amazon, I can attest to witnessing at least one employee taken to the hospital in an ambulance every week during my shift alone.

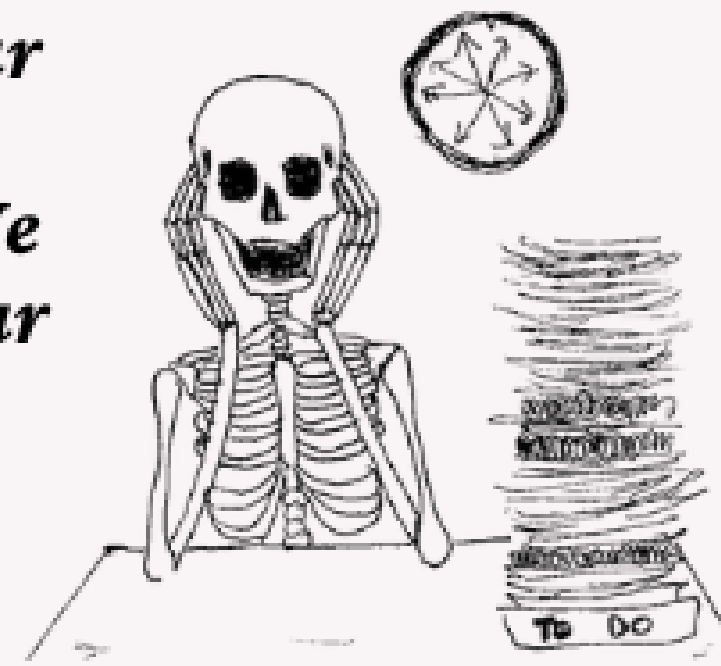
~ Sultana, former Amazon warehouse worker

I've developed pain in my hands, neck, and shoulders. Hunching over a computer, even just for 8 hours a day, has given me the beginnings of carpal tunnel syndrome, and weakness in the muscles around my shoulder blade and spine...

~Juliet, data analyst

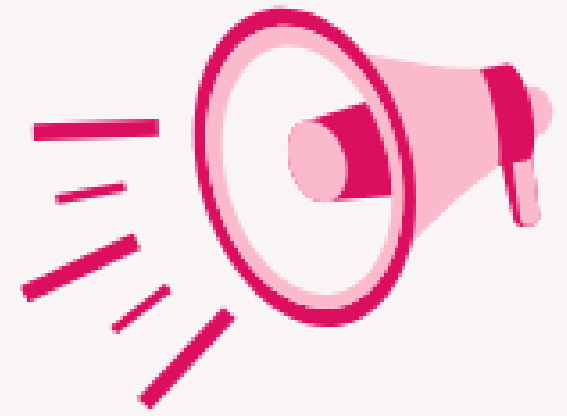
With technology surveilling us, enhancing "efficiency", and keeping us chained to our desks, young people are feeling the strain of overwork even more than some previous generations.

Let's stand up to demand back our health, our time and our lives! We won't let 24-hour workdays drag down our conditions anymore!



In 2023, home attendants led monthly rallies in front of City Hall demanding NYC Council Speaker Adrienne Adams bring the "No More 24" Act to a vote. Hundreds of workers from all different sectors joined these rallies, yet the Speaker has refused to act. We are outraged! Now, home attendants, desperate and determined to end the violence of the 24-hour workday, have decided to go on hunger strike!

HUNGER STRIKE!

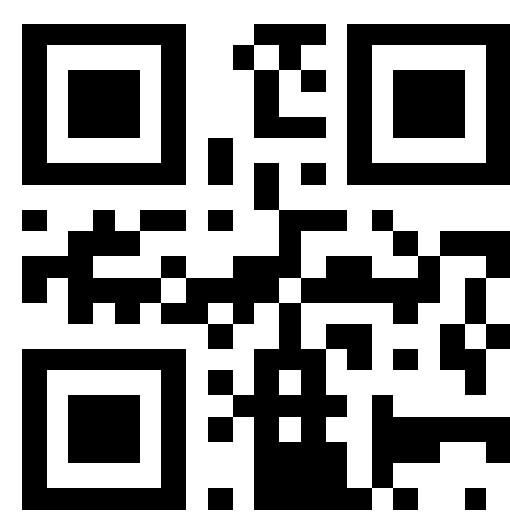


What can you do?

1 Come to City Hall!

Starting WED, MARCH 20th

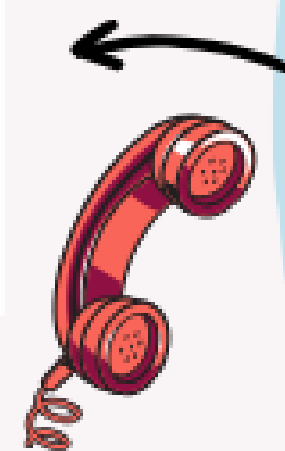
Come support those hunger striking at City Hall—all day, and all night, starting Wednesday, March 20. Contact us to get involved in planning and spreading the word.



nomore24.org

2 Call City Council

Call your Council Member. Ask them to support the No More 24 Act and the hunger strike! Look up your council member on our website.



3 Donate

Your donation will fund supplies for the hunger strike. Any extra funds will also be used for the fight to end the 24-hour workday!