

Overwork



Totsuka High School



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DEATH

BY OVERWORK . . .

to die from the mental
or physical fatigue of
workplace stress.

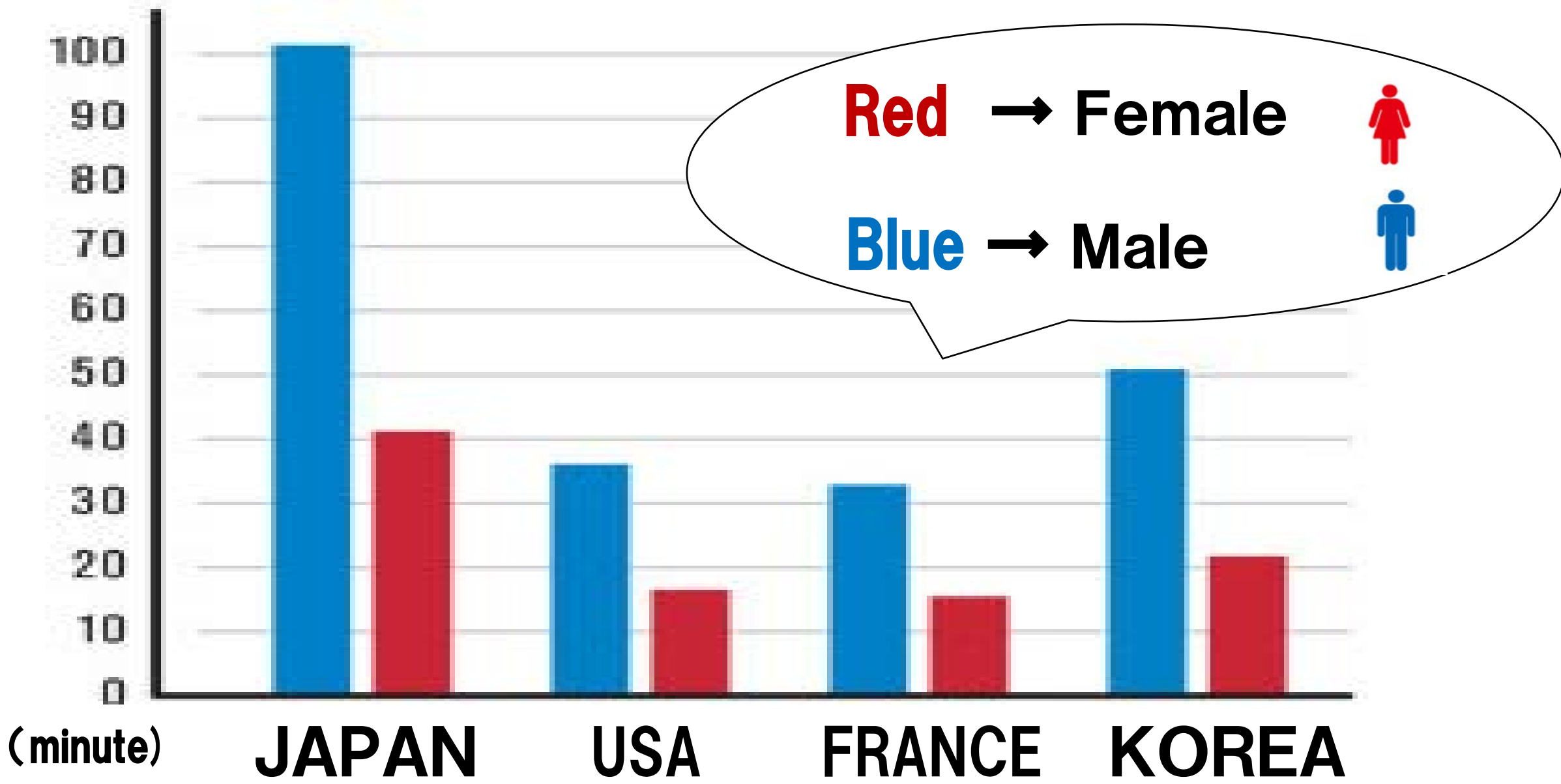


OVERWORK

SUICIDE . . .

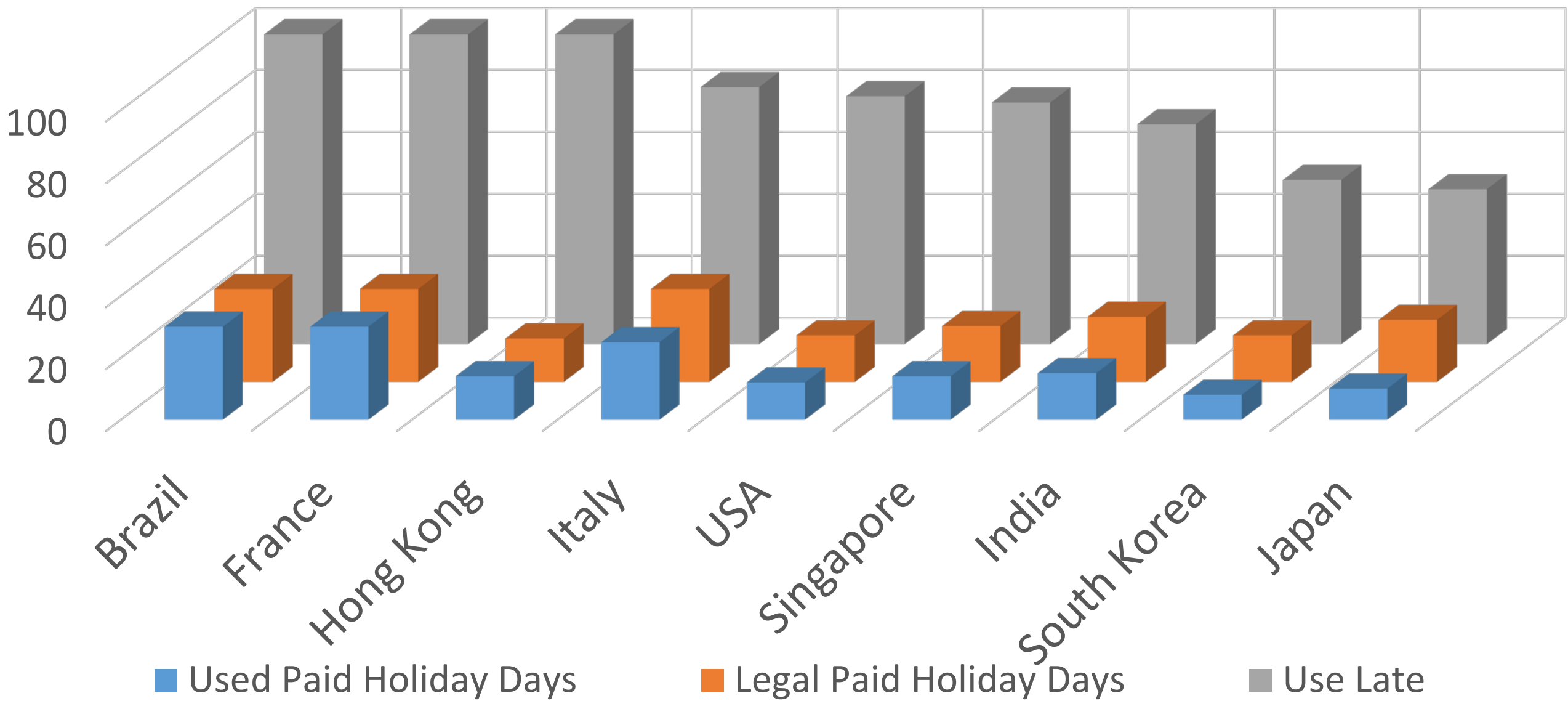
**to commit suicide by
overwork.**





The average overtime hours ●

International Comparison of Paid Holidays



A case of overwork death

On Christmas Day 2015, Matsuri Takahashi (right) committed suicide.



The Main causes

- too many hours during monthly working time = about 105 hours. (legal limit = 80 hours)
- being bullied by her boss.
- sleeping hours = only 2 or 3 hours a day.





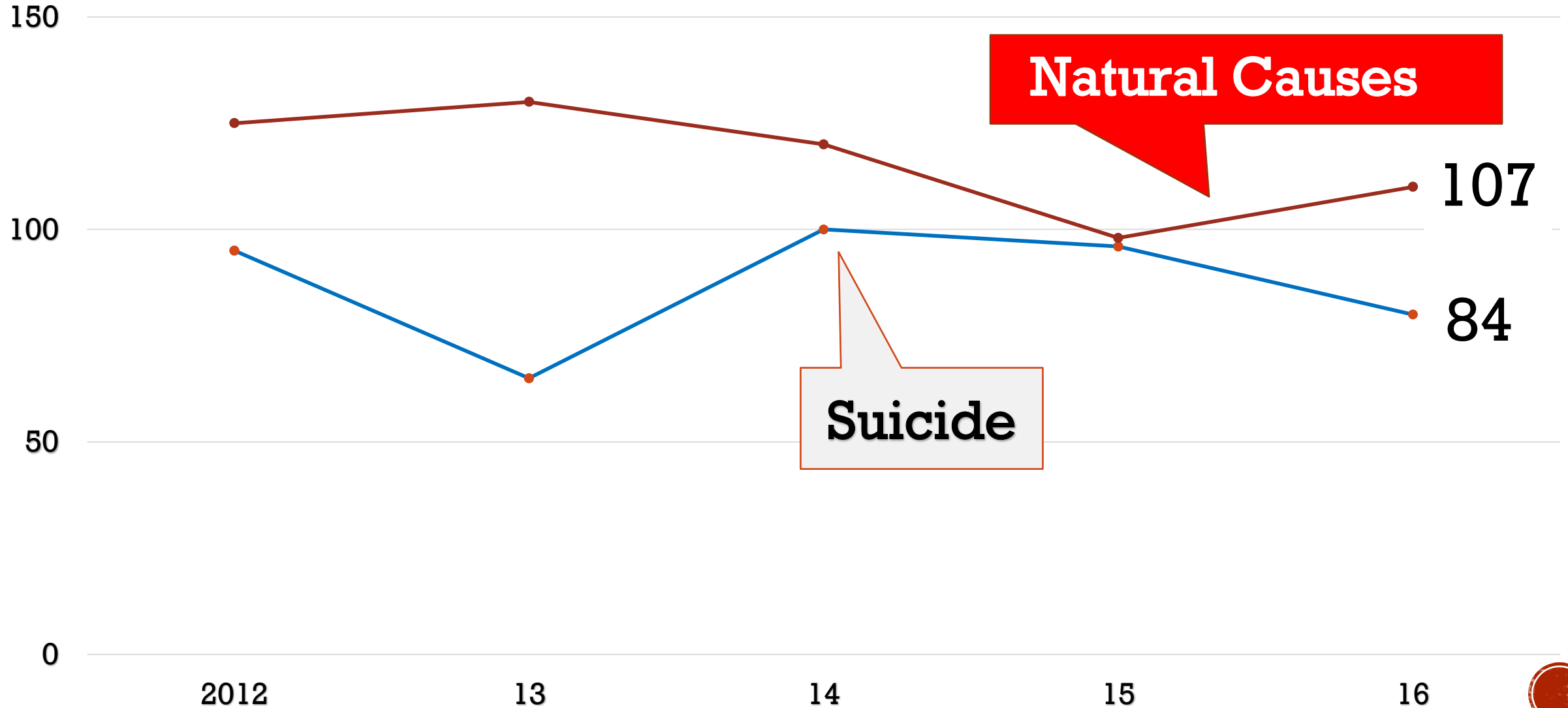
A case of death related to overwork and physical health

Main causes

- Workers couldn't make an application for overtime work
- They haven't been recognized as in attendance



Death by Overwork : Natural Causes vs Suicide



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