**Uhla lwemibuzo mayelana nokusebenza ngempumelelo kanye nokuphazamiseka kokusebenza: Isimo Sakho Sempilo Jikelele V2.2 (WPAI:GH)**

Imibuzo elandelayo ibuza ngomphumela wezinkinga zakho zesimo sempilo mayelana nokusebenza ngempumelelo kanye nokwenza imisebenzi ejwayelekile. Ngezinkinga zempilo siqonde noma yiziphi izinkinga zasemzimbeni noma inkinga zasemoyeni noma izimpawu zokugula. *Sicela ukuthi ugcwalise izikhala ezishiyiwe noma ufake indingilizi enombolweni, njengoba kukhonjisiwe.*

1. Ngabe uyasebenza njengamanje (usebenzela iholo)? \_\_\_\_\_ CHA \_\_\_\_\_ YEBO

 *Uma impendulo yakho ingu-CHA, faka uphawu ku-”CHA” bese wedlulela embuzweni wesi-6.*

Imibuzo elandelayo imayelana **nezinsuku eziyisikhombisa ezedlule**, ayilufaki usuku lwanamuhla.

2. Ezinsukwini eziyisikhombisa ezedlule, ulahlekelwe ngamahora amangaki emsebenzini ngenxa yezinkinga zakho zempilo? *Faka namahora alahleke ngezinsuku obugula ngazo, nezikhathi ofike ngazo emsebenzini ngemuva kwesikhathi, nezikhathi ohambe ngazo emsebenzini ngaphambi kwesikhathi, njalonjalo, ngenxa yezinkinga zakho zempilo. Ungasifaki isikhathi esilahleke ngokuhlanganyela kwakho kulolu cwaningo.*

AMAHORA angu-\_\_\_\_

3. Ezinsukwini eziyisikhombisa ezedlule, ulahlekelwe ngamahora amangaki okusebenza ngenxa yanoma yisiphi esinye isizathu, njengokuthatha isikhathi sokuphumula, amaholide okuphumula, nesikhathi osithathe uhlanganyela kulolu cwaningo?

AMAHORA angu-\_\_\_\_

4. Ezinsukwini eziyisikhombisa ezedlule, mangaki amahora owasebenze ngempela?

 AMAHORA angu-\_\_\_ *(Uma impendulo ingu- “0”, yedlulela embuzweni wesi-6.)*

5. Ezinsukwini eziyisikhombisa ezedlule, ngabe izinkinga zakho zempilo zibe nomthelela kangakanani ekusebenzeni kwakho ngempumelelo ngenkathi usebenza?

Cabanga ngezinsuku lapho ube nokuvimbezeleka ngokuphelele emisebenzini yakho nokukhinyabezeka enanini lomsebenzi noma ohlotsheni lomsebenzi obungawenza, nangezinsuku ofeze ngazo umsebenzi ongaphansi kwalowo obufisa ukuwenza, noma ngezinsuku ongakwazanga ukwenza ngazo umsebenzi ngokucophelela okujwayelekile. Uma izinkinga zakho zempilo kube nomthelela omncane kakhulu emsebenzini wakho, khetha inombolo ephansi. Khetha inombolo ephezulu uma izinkinga zakho zempilo zibe nomthelela omkhulu kakhulu emsebenzini wakho.

Bhekisa kuphela ekuthini izinkinga zakho zempilo
zibe nomthelela kangakanani ekusebenzeni kwakho ngempumelelo ngenkathi usebenza.

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| Izinkinga zempilo azibanga nomthelela ekusebenzeni kwami |  |  |  |  |  |  |  |  |  |  |  | Izinkinga zempilo zingivimbele ngokuphelele ukuba ngisebenze |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

FAKA INDINGILIZI ENOMBOLWENI OYIKHETHAYO

6. Ezinsukwini eziyisikhombisa ezedlule, izinkinga zakho zempilo zibe nomthelela kangakanani ekwenzeni kwakho imisebenzi ejwayelekile yansuku zonke, kungafakwa ukusebenza kwakho emsebenzini owuholelwayo?

*Ngemisebenzi ejwayelekile siqonde imisebenzi ovame ukuyenza, njengokusebenza endlini, ukuyothenga ezitolo, ukunakekela izingane, ukuzivocavoca, ukutadisha, njalonjalo. Cabanga ngezikhathi lapho ube nokukhinyabezeka enanini lomsebenzi noma ohlotsheni lomsebenzi obungawenza nangezikhathi ofeze ngazo umsebenzi ongaphansi kwalowo obufisa ukuwenza. Uma izinkinga zakho zempilo zibe nomthelela omncane kakhulu emisebenzini yakho, khetha inombolo ephansi. Khetha inombolo ephezulu uma izinkinga zakho zempilo zibe nomthelela omkhulu kakhulu emisebenzini yakho.*

Bhekisa kuphela ekuthini izinkinga zakho zempilo
zibe nomthelela kangakanani ekwenzeni kwakho imisebenzi ejwayelekile
yansuku zonke, kungafakwa ukusebenza kwakho emsebenzini owuholelwayo.

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| Izinkinga zempilo azibanga nomthelela emisebenzini yami ejwayelekile yansuku zonke |  |  |  |  |  |  |  |  |  |  |  | Izinkinga zempilo zingivimbele ngokuphelele ukwenza imisebenzi yami ejwayelekile yansuku zonke |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

FAKA INDINGILIZI ENOMBOLWENI OYIKHETHAYO

Reilly MC, Zbrozek AS, Dukes EM. The validity and reproducibility of a work productivity and activity impairment instrument. Pharmacoeconomics. 1993 Nov;4(5):353-65.