

TESTIMONY FOR SB0197

Four Day Workweek Act of 2023

Bill Sponsor: Sen. Shelly Hettleman

Committee: Finance

Organization Submitting: Lower Shore Progressive Caucus

Person Submitting: Sydney Bradner-Jacobs, LSPC Member, East New Market, MD, Dorchester County

Position: FAVORABLE

I am submitting this testimony in favor of SB0197 on behalf of the Lower Shore Progressive Caucus. The Caucus is a political and activist organization on the Eastern Shore, unaffiliated with any political party, committed to empowering working people by building a Progressive movement on the Lower Eastern Shore.

The Lower Shore Progressive Caucus support SB0197 because one's livelihood should not be defined by their job. Not everyone wants to work every single day of their lives. Working class people want to have a life outside of work to focus on themselves and their well-being, as well as the well-being of their family and loved ones.

The way we see it, a four-day work week is a win-win for everyone. It's a win for employers, as you are able to extract more productivity out of workers, and it's a win for workers, as they become less stressed and much happier altogether.

Don't believe me? Take my personal word for it. As of now, I personally work a four-day work week at my job as a dishwasher in St. Michaels. Every time I report to work after my three-day break, I feel rejuvenated and refreshed. While I always give it my all when I'm at work, I truly feel that whenever I work a four-day work week, I'm able to give my job truly more of my all and I feel less exhausted and energetic while doing it.

Previously, I worked another job as a dishwasher, and not only did I have to work multiple double shifts within one week at times, sometimes I had to work weeks where I worked every single day of my life, and there's one time where I didn't get an actual day off until two weeks later. Of course I still did it because I needed the money, but working like that can often wear you out and prevent you from truly living your full life.

At the end of the day, we only live one life. We don't know when we're gonna go, and every moment you live on this Earth counts. Working class people deserve full prosperity, and while there are many steps to get to full working class prosperity, you are never going to get there until working class people have the opportunity to have a life outside of work and to truly live it to its fullest potential.

It is for these reasons the Lower Shore Progressive Caucus supports this bill and recommends a **FAVORABLE** report in committee.