

OVERWORKING

YOUR EMPLOYEES DOESN'T HELP ANYONE!



WE ARE WORKING NOW MORE THAN EVER

EMPLOYEES

24%

WORK SIX OR MORE EXTRA HOURS PER WEEK WITHOUT PAY. **DOUBLE THAT FOR MANAGEMENT**

39%

OF PEOPLE WORK MORE THAN 40 HOURS PER WEEK, A TYPICAL WORKWEEK

11HRS

NUMBER OF HOURS MORE A WEEK THAN PEOPLE WORKED IN THE 1970S



WHAT IS ALL OF THIS DOING TO OUR BODIES?

WEIGHT



OF WORKERS HAVE GAINED WEIGHT FROM THEIR JOBS

HEART

40-80%

HIGHER RISK OF HEART DISEASE DUE TO STAYING TOO LONG IN THE OFFICE

67%

GREATER RISK OF DEVELOPING HEART DISEASE WORKING 11 HRS PER DAY COMPARED TO 8 HRS

21YR OLD

INTERN DIES AFTER WORKING 3 ALL-NIGHTERS IN A ROW

SUBSTANCE ABUSE

WORKING 50+ HRS PER WEEK

3X MORE LIKELY TO DEVELOP AN ALCOHOL-ABUSE PROBLEM

SLEEP DEPRIVATION

THE AVERAGE AMERICAN GETS

90MIN LESS SLEEP THAN THEY SHOULD

41 MILLION

AMERICAN WORKERS ARE SLEEP DEPRIVED

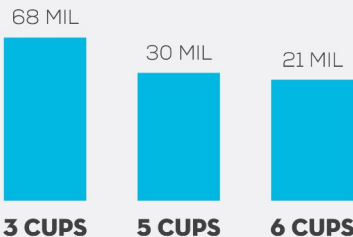
IMPAIRMENT

20HRS = .01

WITHOUT SLEEP BLOOD ALCOHOL LEVEL

CAFFEINE

NUMBER OF AMERICANS



COFFEE CONSUMED PER DAY

MILLIONS MORE CONSUME ENERGY DRINKS

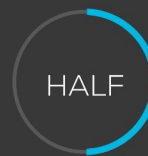
ENERGY DRINKS

EMERGENCY ROOM VISITS FROM ENERGY DRINKS



PUTTING IN MORE TIME ISN'T HELPING OUR PRODUCTIVITY

EMPLOYEE EFFECTIVENESS



OF EMPLOYEES ARE LESS PRODUCTIVE AS A RESULT OF STRESS



BIGGEST ECONOMIC POWERS BAN 50-HOUR WORKWEEKS

AVERAGE HOURS/YEAR WORKED

2000 HRS

GREECE

WORLD ECONOMIC RATING

34TH

VS

1400 HRS

GERMANY

WORLD ECONOMIC RATING

4TH

HOWEVER GERMAN PRODUCTIVITY IS **70% HIGHER**

5-YEAR STUDY

55 vs **40**

OR MORE HOURS PER WEEK HOURS PER WEEK

55 HRS/WEEK OR MORE DECREASED

PROBLEM SOLVING
SHORT-TERM MEMORY
CREATIVITY
PRODUCTIVITY
QUALITY OF WORK

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