



Media Release

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## **Australians sacrifice health for hard work**

**Survey reveals Australians working longer hours than five years ago**

**62 per cent claim additional hours are unpaid**

**Mobile phones and emails to blame**

According to a survey conducted by CareerOne.com.au, News Digital Media's (digital division of News Limited) national online employment website, 72 per cent of Australians say they are working longer hours than they were five years ago because of workplace technology.

Worse still, 62 per cent of survey respondents claim these additional hours are unpaid.

Conducted by CoreData in partnership with CareerOne.com.au, the survey of 1,021 people also found:

- 79 per cent of respondents take work calls outside of business hours, whilst 72 per cent check work related emails during the weekend or while on holiday.
- 66 per cent of people work more than 40 hours a week.
- 84 per cent face health issues as a result of work technology – eye strain and sore backs are the most common health issues.
- Only 16 per cent of people said technology had helped them work more efficiently and achieve shorter hours.
- 56 per cent of those surveyed believe email has increased their workload.
- 70 per cent of respondents would like to and could work from home, but their ideal is to introduce a few days of working at home into their weekly working routine.

Babyboomers (aged 43-58) find it most difficult to switch off from work, with a staggering 90 per cent admitting to checking emails, taking calls and thinking about work during their personal time.

"I think it is common knowledge that Australians are hard workers and the results of our survey underscores the need to find ways to help employees achieve work-life balance," CareerOne.com.au editor, Kate Southam said.

"Technological advancements have made the workplace portable; people can work from home, on holiday, nearly anywhere if they have their laptop or mobile phone – I have even heard complaints about new spouses working on their honeymoon."



"However, for people to be really productive they need to rest and switch off from work when they are on their own time."

"Employers have a role to play here by discouraging after hours communication and definitely putting a stop to unpaid weekend work. A well balanced person is better for everyone."

"Also, people owe it to themselves to put time and effort into their families and personal hobbies. Life is too short to make work everything," Ms. Southam said.

**About CareerOne.com.au**

CareerOne.com.au is News Digital Media's (digital division of News Limited) national online employment brand CareerOne, Australia's only national cross-media employment network is the country's best-known online recruitment brand. CareerOne.com.au successfully integrates the print and online strengths of News Limited newspapers and News Digital Media, creating a leading recruitment service with truly national reach and expansive choice. The web site, CareerOne.com.au, lists over 75,000 jobs and offers services such as resume builder, job emails, industry specific newsletters and career building advice.

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