

Leave the Office Earlier - Fact Sheet

-- The average American wastes more than 2 hours of each workday. – Salary.com and AOL survey, July 2005

-- Only half of companies that downsize actually increase profits – American Management Association Survey

-- Human Resource managers assume that an employee will waste .94 hours of work each day – Salary.com and AOL survey, July 2005

-- Only 34 percent of companies that downsize see an increase in productivity – American Management Association Survey

-- Health care expenditures are nearly 50 percent greater for workers who report high levels of stress – Journal of Occupational and Environmental Medicine

-- HR manager suspect that employees actually waste closer to 1.60 hours during a workday. - Salary.com and AOL survey, July 2005

-- Workers on average will admit to wasting 2.09 hours per day. - Salary.com and AOL survey, July 2005

-- Workers who work on the weekday work longer hours than those who work on weekend days – 7.9 on weekdays versus 5.9 on weekends – Bureau of Labor Statistics Study - 2005

-- Problems at work are more strongly associated with health complaints than are any other life stressors including financial and family problems. – St. Paul Fire and Marine Insurance Co

-- Workers who must take time off work because of stress, anxiety, or a related disorder will be off the job for about 20 days – Bureau of Labor Statistics

-- Women have higher productivity levels than men across all age categories – Survey by The Productivity Pro Inc. 2004 and 2005

-- \$759,000,000,000 is lost each year as a result of low worker productivity and wasted work time. - Salary.com and AOL survey, July 2005

-- 44.7 percent of employees spend their wasted work time using the Internet for personal use. - Salary.com and AOL survey, July 2005

-- The most popular time-wasting activities are...

1. Internet Surfing
2. Socializing with coworkers
3. Conducting personal business
4. Spacing out

Salary.com and AOL survey, July 2005

-- Spacing out is said by 3.9 percent of employees to be their number one time-wasting activity. - Salary.com and AOL survey, July 2005

-- Both men and women will reach prime productivity levels at around age 50-60 – Survey by The Productivity Pro Inc. 2004 and 2005

-- The top excuse for wasting time is that the employee did not have enough work to do – 33.2 percent of those surveyed used this excuse. – Salary.com and AOL survey, July 2005

--The second and third most popular excuses for wasting time in the workplace are

- The worker feels underpaid for the work that they do
- The worker was distracted by other coworkers

Salary.com and AOL survey, July 2005

-- 40 percent of workers report that their job is “very or extremely stressful – North Western National Life Survey

-- People show the least success in Reduction, or eliminating those things that are distracting in order to aid productivity – Survey by The Productivity Pro Inc. 2004 and 2005

-- Both men and women are most adept at Information management, or the use of technology and tools to manage information – Survey by The Productivity Pro Inc. 2004 and 2005