

Long Hours Hazardous to Health



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Reading

Working long hours means workers may get more injuries and illnesses. This is the conclusion of a new study in the journal Occupational and Environmental Medicine. Researchers analyzed data from 110,000 job records. They found 5,139 work-related injuries. The team discovered that more than half of these were in jobs that required overtime or had demanding schedules. The authors of the report said that employees who worked overtime were 61 per cent more likely to be injured or ill than employees who did not.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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