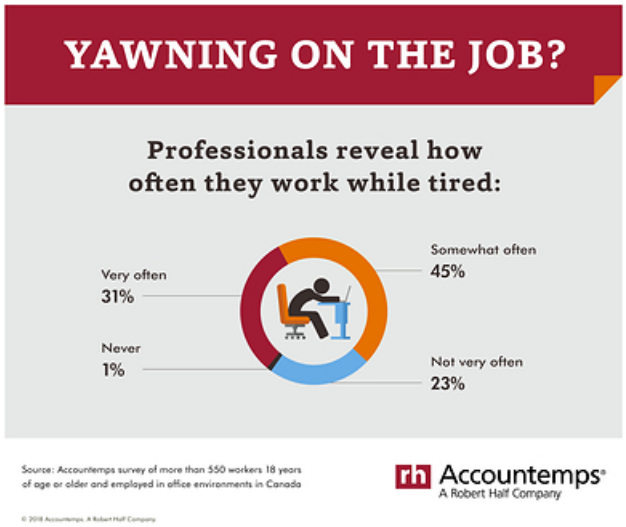
Robert Half Canada

76 Per Cent of Canadian Employees Tired on the Job, Survey Finds



TORONTO, Oct. 16, 2018 /CNW/ - Drained at your desk? You're not alone. Recent research from staffing firm Accountemps suggests feeling worn out at work is a common occurrence among Canadian employees. Seventy-six per cent of professionals reported they operate while tired at least somewhat often.

Workers were asked, "**How often do you work while tired?**' Their responses:

Very often	**31%**
Somewhat often	**45%**
Not very often	23%
Never	1%
	100%

"A good night's rest has a tangible affect on quality of work — exhaustion often limits professionals' ability to be focused, productive and positive members of their team," said David King, Canadian president of Accountemps. "Managers should be alert to signs of employee fatigue, and work with staff to identify potential contributing factors in the workplace. By offering realistic support — like temporary professionals to assist when workloads rise, guidance in prioritizing tight deadlines, and encouraging employees to unplug after-hours — managers can help mitigate any work-related stressors keeping staff up at night."

Accountemps offers the following tips to minimize working tired:

For Employers:	**For Employees:**
1. Set a good example by working reasonable hours. Come to the office with adequate sleep and encourage your team to unplug after they leave the office.	1.Ask for help before you burn out; your manager may be able to assist you with prioritizing or delegating tasks.
2. Meet with your employees regularly to discuss their current projects and where they may need support.	2. Leave work at the office door so you can recharge. Try going for a walk or attending a yoga class to clear your mind.

3. Bring in temporary professionals to ensure staff aren't overloaded or feel they need to put in overtime.	3. Don't bring your phone or laptop to bed. This can help ensure you get a restful night's sleep and wake up refreshed.

About the Research

The online survey was developed by Accountemps and conducted by an independent research firm. It includes responses from more than 550 workers 18 years of age or older and employed in office environments in Canada.

About Accountemps

Accountemps, a Robert Half company, is the world's first and largest specialized staffing service for temporary accounting, finance and bookkeeping professionals. The staffing firm has more than 300 locations worldwide. More resources, including job search services and the company's blog, can be found at roberthalf.ca/accountemps.

SOURCE Accountemps

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