

# Extended working hours to harm health, says report

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**THERE IS A** strong resistance among employees towards the idea of extended working hours without additional benefits or flexibility, with 44% respondents citing it will have a negative impact on personal time, health, and overall well-being, said a report.

However, 40% of respondents said they would consider accepting longer hours only if appropriate compensation were offered, accord-

ing to a Genius Digipoll report —'Extended Work Hours a Deal Breaker? Nearly Half of Employees Would Quit' — by workforce staffing services and HR solutions provider Genius HRTech (formerly known as Genius Consultants).

While just 16% have stated that they are either open to trying it out or believe it could lead to increased productivity, added the report.

The Genius Digipoll report, 'Extended Work Hours a Deal Breaker? Nearly Half of

Employees Would Quit', by Genius HRTech is based on an online survey during July 1-31, among 2,076 employees across sectors.

The report further revealed that there is a strong desire for transparency and inclusion in decision-making.

Around 79% of respondents have said they would want to be actively involved in consultations around any changes to work hours, advocating for open communication and collaborative policy-making.



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