

On an average week, how many hours do you work?



	Full Time Workers in Canada	GENDER		AGE			REGION						ANNUAL HOUSEHOLD INCOME			ETHNICITY			
		Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic Canada	<\$50k	\$50k-\$100k	\$100k+	Indigenous / First Nation	East Asian	European	South Asian
At least 30 hours a week	22%	19%	25%	22%	17%	32%	15%	26%	20%	23%	21%	26%	19%	19%	22%	25%	23%	20%	21%
From 31 to 40 hours a week	56%	52%	60%	54%	61%	49%	58%	44%	57%	54%	61%	58%	70%	58%	49%	40%	58%	59%	55%
From 41 to 50 hours a week	19%	24%	13%	20%	18%	16%	25%	22%	15%	20%	15%	13%	5%	20%	24%	25%	18%	16%	21%
From 51 to 60 hours a week	2%	3%	2%	3%	3%	0%	0%	3%	5%	3%	2%	3%	3%	2%	3%	0%	0%	3%	0%
More than 61 hours a week	2%	2%	1%	1%	1%	3%	3%	4%	3%	1%	1%	0%	3%	1%	2%	10%	1%	1%	3%

How would you describe the level of stress that your current position entails?



	Full Time Workers in Canada	GENDER		AGE			REGION						ANNUAL HOUSEHOLD INCOME			ETHNICITY			
		Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic Canada	<\$50k	\$50k-\$100k	\$100k+	Indigenous / First Nation	East Asian	European	South Asian
Very stressful	14%	13%	16%	13%	16%	12%	16%	14%	20%	13%	14%	10%	16%	14%	13%	15%	16%	14%	8%
Moderately stressful	50%	48%	53%	53%	54%	35%	48%	55%	44%	60%	44%	41%	41%	52%	51%	40%	64%	45%	51%
Not too stressful	31%	34%	28%	31%	26%	43%	29%	29%	36%	24%	37%	38%	39%	31%	30%	30%	16%	37%	30%
Not stressful at all	5%	6%	3%	3%	4%	10%	7%	2%	0%	3%	5%	11%	4%	3%	7%	15%	5%	5%	10%

Over the past year, have you personally experienced any one of these issues?



	Full Time Workers in Canada	GENDER		AGE			REGION					ANNUAL HOUSEHOLD INCOME			ETHNICITY				
		Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic Canada	<\$50k	\$50k-\$100k	\$100k+	Indigenous / First Nation	East Asian	European	South Asian
Working through lunch to finish a project or task	44%	39%	50%	50%	43%	35%	46%	45%	49%	47%	40%	41%	33%	43%	50%	47%	39%	50%	40%
Being asked to take on more responsibilities without a raise	35%	27%	44%	37%	37%	28%	41%	31%	45%	36%	30%	33%	32%	36%	34%	38%	42%	34%	44%
Feeling depressed because of work	33%	25%	41%	38%	34%	18%	26%	26%	42%	34%	34%	34%	30%	33%	34%	15%	31%	39%	15%
Having to work on a project or task on a weekend or a holiday	29%	28%	31%	32%	30%	21%	25%	31%	29%	30%	31%	26%	24%	28%	33%	38%	23%	31%	22%
Having to work on a project or task after hours from home	28%	27%	28%	31%	27%	21%	27%	34%	16%	32%	27%	20%	16%	27%	34%	33%	33%	27%	28%
Postponing vacation due to work obligations	20%	17%	23%	22%	22%	12%	25%	22%	6%	32%	8%	16%	12%	21%	22%	18%	21%	21%	36%
None of these	22%	24%	18%	13%	21%	43%	21%	19%	25%	19%	22%	28%	28%	18%	22%	23%	19%	20%	31%

Think of yourself at the end of a regular workday. Do you experience any of these ailments?



	Full Time Workers in Canada	GENDER		AGE			REGION						ANNUAL HOUSEHOLD INCOME			ETHNICITY			
		Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic Canada	<\$50k	\$50k-\$100k	\$100k+	Indigenous / First Nation	East Asian	European	South Asian
Feeling fatigued	49%	40%	59%	52%	47%	49%	48%	47%	46%	53%	41%	61%	42%	47%	53%	73%	42%	55%	34%
Back pain	36%	31%	42%	37%	38%	29%	33%	38%	52%	37%	25%	52%	34%	34%	38%	48%	33%	40%	31%
Trouble sleeping	33%	27%	38%	34%	35%	24%	26%	37%	39%	36%	25%	41%	23%	35%	33%	28%	33%	39%	23%
Stressed-out eyes	30%	25%	36%	35%	28%	24%	30%	25%	32%	38%	25%	23%	28%	29%	32%	25%	36%	31%	26%
Headaches	28%	19%	39%	36%	29%	9%	25%	23%	35%	34%	22%	31%	32%	29%	25%	35%	26%	30%	36%
Neck pain	28%	25%	32%	28%	32%	19%	25%	31%	36%	29%	21%	37%	23%	30%	28%	28%	34%	29%	40%
None of these	19%	23%	14%	14%	18%	31%	19%	21%	21%	16%	20%	19%	24%	18%	18%	12%	13%	16%	34%

Do you agree or disagree with each of the following statements?



	Full Time Workers in Canada	GENDER		AGE			REGION					ANNUAL HOUSEHOLD INCOME			ETHNICITY				
		Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic Canada	<\$50k	\$50k-\$100k	\$100k+	Indigenous / First Nation	East Asian	European	South Asian
<i>The company I work for appreciates the effort I put into my job</i>																			
Strongly agree	23%	26%	19%	21%	18%	38%	33%	22%	26%	17%	20%	32%	21%	22%	26%	37%	14%	25%	40%
Moderately agree	45%	48%	43%	46%	47%	41%	39%	48%	43%	48%	49%	35%	42%	43%	50%	33%	54%	45%	28%
Moderately disagree	17%	14%	21%	20%	18%	9%	18%	14%	8%	21%	20%	11%	10%	22%	16%	23%	26%	16%	14%
Strongly disagree	10%	8%	13%	9%	13%	7%	10%	6%	15%	11%	7%	19%	16%	11%	5%	7%	0%	12%	15%
Not sure	4%	4%	4%	4%	4%	4%	0%	10%	7%	3%	4%	3%	10%	2%	3%	0%	5%	3%	3%
<i>The company I work for pays me what I deserve</i>																			
Strongly agree	17%	21%	13%	18%	14%	24%	26%	20%	17%	12%	14%	26%	18%	15%	21%	30%	15%	19%	12%
Moderately agree	38%	40%	36%	39%	38%	35%	36%	30%	41%	40%	43%	31%	30%	38%	42%	28%	39%	39%	44%
Moderately disagree	25%	23%	27%	22%	27%	25%	26%	36%	11%	27%	26%	13%	27%	26%	22%	32%	29%	23%	21%
Strongly disagree	16%	11%	22%	18%	18%	7%	13%	8%	21%	18%	16%	24%	18%	20%	11%	5%	9%	18%	17%
Not sure	3%	4%	3%	2%	3%	9%	0%	7%	10%	2%	2%	6%	8%	1%	3%	5%	8%	1%	6%
<i>The company I work for cares for my health and well-being</i>																			
Strongly agree	21%	25%	17%	17%	18%	40%	32%	14%	22%	17%	20%	29%	22%	19%	25%	28%	17%	24%	22%
Moderately agree	40%	41%	40%	45%	39%	31%	33%	50%	33%	41%	44%	37%	36%	39%	42%	48%	39%	39%	40%
Moderately disagree	22%	21%	24%	22%	25%	15%	25%	20%	16%	27%	21%	12%	15%	24%	23%	12%	34%	19%	23%
Strongly disagree	11%	8%	16%	12%	13%	7%	10%	6%	22%	12%	9%	14%	14%	7%	3%	4%	14%	12%	12%
Not sure	5%	6%	4%	3%	6%	7%	0%	9%	7%	4%	6%	8%	12%	3%	3%	8%	7%	4%	3%