Psychosocial Hazards Stats and Facts

FACTS

1. **High Job Demands:** Excessive workloads and tight deadlines can lead to stress and burnout.
2. **Low Job Control:** Limited autonomy in decision-making processes can contribute to feelings of helplessness.
3. **Lack of Social Support:** Poor relationships with colleagues or supervisors can increase feelings of isolation.
4. **Job Insecurity:** Uncertainty about continued employment can cause anxiety and distress.
5. **Work-Life Imbalance:** Difficulty in balancing work responsibilities with personal life can lead to chronic stress.
6. **Harassment and Bullying:** Exposure to workplace harassment or bullying can result in psychological trauma.
7. **Inadequate Reward Systems:** Lack of recognition or fair compensation can diminish motivation and morale.

STATS

United States:

- Approximately 83% of U.S. workers experience work-related stress, with 54% reporting that it affects their home life.
- Workers who experience psychological safety in their workplaces report higher job satisfaction and fewer negative outcomes, such as burnout.
- In 2021, working adults aged 18–64 who usually worked evening or night shifts (4.8%) or rotating shifts (3.9%) were more likely to experience serious psychological distress compared with day shift workers (2.3%).

Canada:

- In any given week, 500,000 Canadians are unable to work due to psychological health issues.
- One in five Canadians experiences a psychological health problem or illness in any given year.
- On average, Canadian employees miss 2.4 days of work per year due to stress or mental health reasons.