

Workplace Infographic

Distractions

INTERESTING FACTS ABOUT DISTRACTIONS AT THE WORKPLACE

Why are distractions bad for work?

Distractions involve the process of diverting attention away from a desired area of focus. Almost everyone feels distracted in the workplace sometimes.

- 1) Around 56 disruptions per day
- 2) 2 hours per day spent on refocusing
- 3) They lead to 2 or 3 times more errors



What distracts people at work?



Mobile phone/texting.....	55%
The Internet.....	41%
Gossip.....	39%
Social Media.....	37%
Co-workers dropping by.....	27%
Smoke breaks or snack breaks.....	27%
Emails.....	26%
Meetings.....	24%
Noisy co-workers.....	20%
Sitting in a cubicle.....	9%

Source: <https://clockify.me>