Workplace Distractions Stats and Facts

FACTS

1. **Specific workplace distractions that affect employees the most:**

- Co-workers talking loudly over the phone
- Co-workers talking nearby
- Phone rings, alerts, and notifications
- Office celebrations, such as birthdays and retirement parties
- Nearby group meetings
- Children visiting your co-workers
- Team games that involve the entire office
- Family members, other than children, visiting your coworkers
- Table games, such as tennis or football
- Pets in the office
- Outside noise such as car sirens, landscaping work, or dogs barking
- Gossip
- The sound of the heating or air conditioning system
- The sound of the copy machine or printer
- The sound of coffee being made
- Cell phones
- Internet browsing
- Social media
- Emails
- Conversations with co-workers
- Meetings
- Smoke or snack breaks
- Noisy co-workers
- Sitting in a cubicle

STATS

- Workplace distractions are a large obstacle to workplace productivity – studies show that as much as 70% to 99% of office employees feel distracted, with an average employee experiencing as much as 56 disruptions per day. These studies also indicate that employees take about 2 hours in total per day to refocus their attention back to their work priorities after being distracted in the first place.
- People find the following distractions to be the most disruptive 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%
    - Email: 26%
    - Meetings: 24%
    - Noisy co-workers: 20%
    - Sitting in a cubicle: 9%