

## INTERMEDIATE

# Long hours hazardous to health



### WARM-UPS

1. WORKING HOURS: How much time you spend in working and / or studying?
1. Do you think it's too much time or is it manageable?
2. What is your idea of the perfect working / studying week?
3. What do you think about working overtime?

Working long hours means workers may get more injuries and illnesses. This is the conclusion of a new study in the journal Occupational and Environmental Medicine. Researchers analyzed data from 110,000 job records. They found 5,139 work-related injuries. The team discovered that more than half of these were in jobs that required overtime or had demanding schedules. The authors of the report said that employees who worked overtime were 61 percent more likely to be injured or ill than employees who did not.

The type of industry was not important in understanding where workers were most at risk. No single industry was riskier than another. The research team found that a major cause for accidents was fatigue and stress created by overworking. They said this was the same for hazardous jobs and boring ones. A 12-hour day increased the risk of injury by 37 percent, while a 60-hour week led to a 23 per cent increase. They also said that commuting time did not affect the risk of injury.

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#### **READING / LISTENING**

##### **TRUE / FALSE**

Look at the article's headline and guess whether these sentences are true (T) or false (F):

- a. Working long hours puts your health at risk.
- b. Doctors are most at risk from work-related illnesses.
- c. More than half of work-related illness is because overworking.
- d. Working overtime increases the chance of being injured six-fold.
- e. White-collar industries were most hazardous.
- f. The biggest cause of accidents was fatigue from overworking.
- g. Working a 12-hour day increased the risk of injury by 37 percent.
- h. Lengthy commutes increased the chance of being ill.

##### **SYNONYM MATCH**

Match the following synonyms from the article:

- |               |            |             |
|---------------|------------|-------------|
| a. conclusion |            | resulted in |
| b. analyzed   | discovered |             |
| c. found      | tough      |             |
| d. demanding  |            | kind        |
| e. authors    | tiredness  |             |
| f. type       | examined   |             |
| g. single     | traveling  |             |
| h. fatigue    | opinion    |             |
| i. led to     | one        |             |
| j. commuting  | writers    |             |

##### **PHRASE MATCH**

Match the following phrases from the article (sometimes more than one combination is possible):

- |                                   |                               |
|-----------------------------------|-------------------------------|
| a. Working long hours means       | from 110,000 job records      |
| b. the conclusion of              | of injury                     |
| c. Researchers analyzed data      | to be injured or ill          |
| d. jobs that required overtime or | was fatigue                   |
| e. 61 per cent more likely        | a new study                   |
| f. where workers were most        | jobs and boring ones          |
| g. No single industry was         | at risk                       |
| h. a major cause for accidents    | workers may get more injuries |
| i. the same for hazardous         | had demanding schedules       |
| j. affect the risk                | riskier than another          |