



Finnish Institute of
Occupational Health



Työsuojelurahasto
Arbetskyddsfonden
The Finnish Work Environment Fund

WELL-BEING
THROUGH WORK

Time pressure as a risk factor

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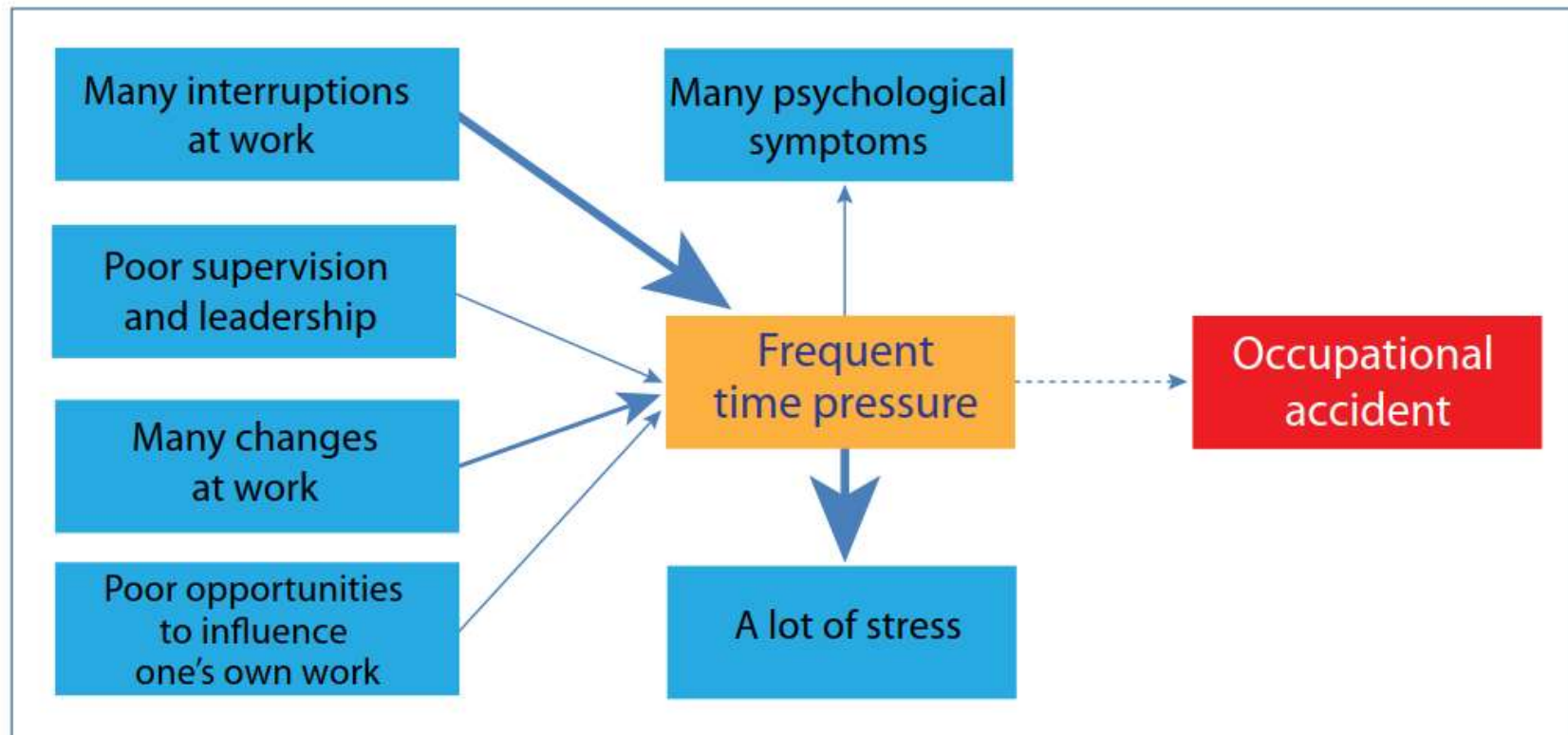


European Working Conditions Survey: Time pressure at work

	2005	2010	2015
Working at very high speed (three-quarters of the time or more)	35	32	33
Working to tight deadlines (three-quarters of the time or more)	37	35	36
Enough time to get the job done (never or rarely)	12	9	10
	Proportion of EU28 workers (%)		

Eurofound (2017), Sixth European Working Conditions Survey –Overview report (2017 update), Publications Office of the European Union.

Time pressure increases accident risks



Salminen et al. 2017. Link between haste and occupational injury. *Work* 56, 119-124.

Example: Time pressure at warehouse work

(N=751)

Workers who mentioned haste as most critical danger to occupational safety

- rated the risk to their occupational safety more highly than the other workers
- noticed hazardous incidents more often than other workers

It is possible that workers who experience haste may take more risks at work and thus consider the risk to occupational accidents to be higher than that evaluated by other workers.

Example: Time pressure at forklift drivers' work

How often you feel pressure to rush at work because of e.g. supervisor, colleagues or customers	2016 (N=216) (%)	2018 (N=137) (%)
Daily	24,5	24,3
Weekly	36,3	35,3

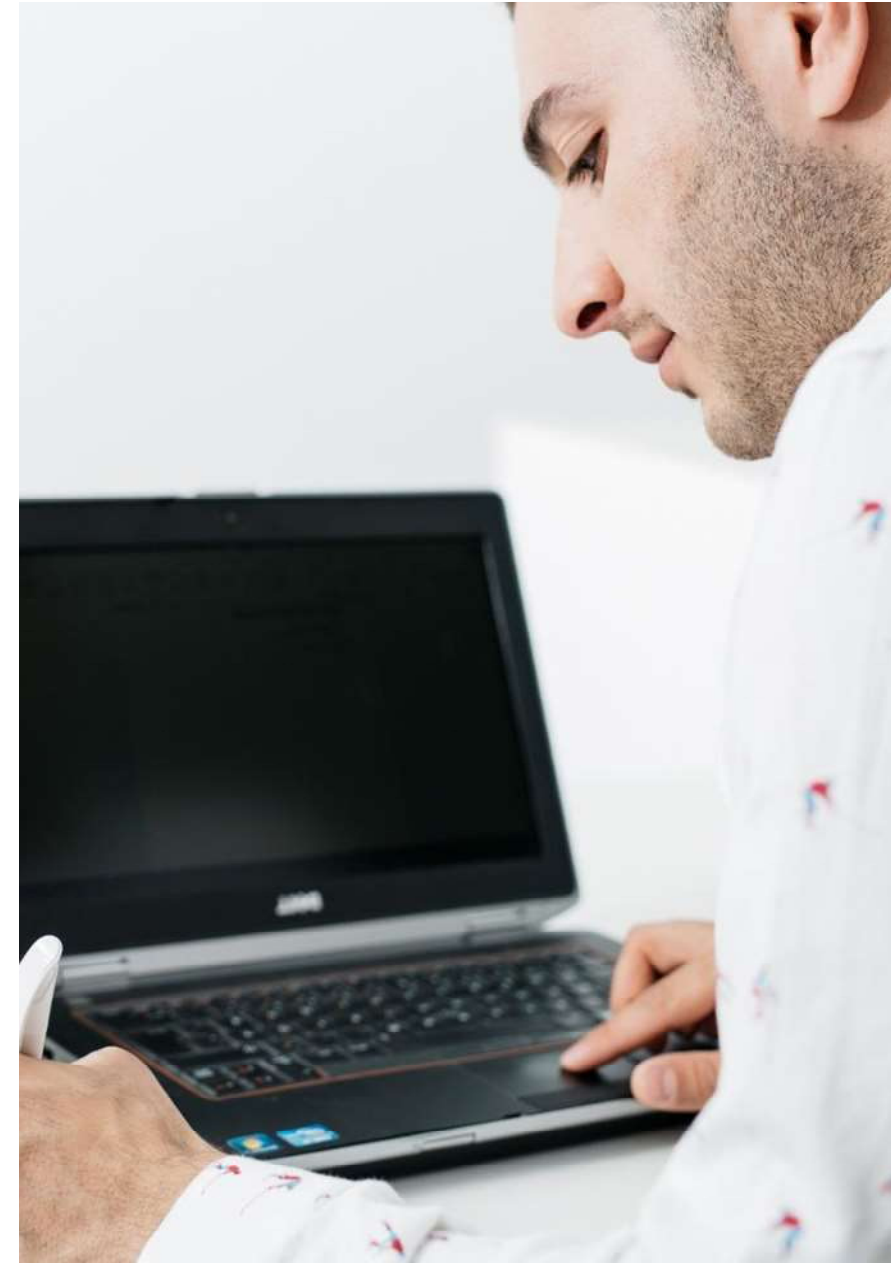
Example: Time pressure at work (waste transport drivers)

I get my work done within normal working hours (N=194)	(%)
Totally agree	31,4
Almost agree	38,7
Neither agree nor disagree	12,9
Almost disagree	11,9
Totally disagree	5,2

20% skipped breaks because of tight schedules

Factors causing time pressure at work

- Leaving tasks until the last minute
- Poorly organized work
- Many changes at work
- Client-determined fast pace of work
- Tight schedules
- Heavy workload
- Many interruptions at work
- Not enough workers
- Unclear tasks



Approach towards Vision Zero: Managing time pressure at work

Understanding
task

Clear supervision

Digitalization
(learning,
education)

Being aware
of safe
working
methods

Encouraging to
use safe
working
methods

Comments / Questions

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Thank You!



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