



Working on Sundays - effects on safety, health, and social life

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Protection of a work-free Sunday, 1st European Conference, Brussels, 2010-03-24

Normative structure of time

- all societies provide for a day of rest,
e.g. Sundays, Saturdays or Fridays
- essential: a **common** day of rest
 - a specific day, not an arbitrary day
- agreed by tradition, religious provisions,
or more generally: social norms
- with the typical functions of social norms:
 - enabling social behaviour
 - controlling social behaviour
 - synchronizing (social) behaviour

Normative structure of time

- evening and weekend society
- Sundays typically used for rest and social interaction
- because the social agreement is that Sunday is a work free day
 - with some well defined exceptions for specific reasons,
 - e.g. social welfare
 - technological necessities,
- not restricted to people with a religious background, but also applies to non-believers

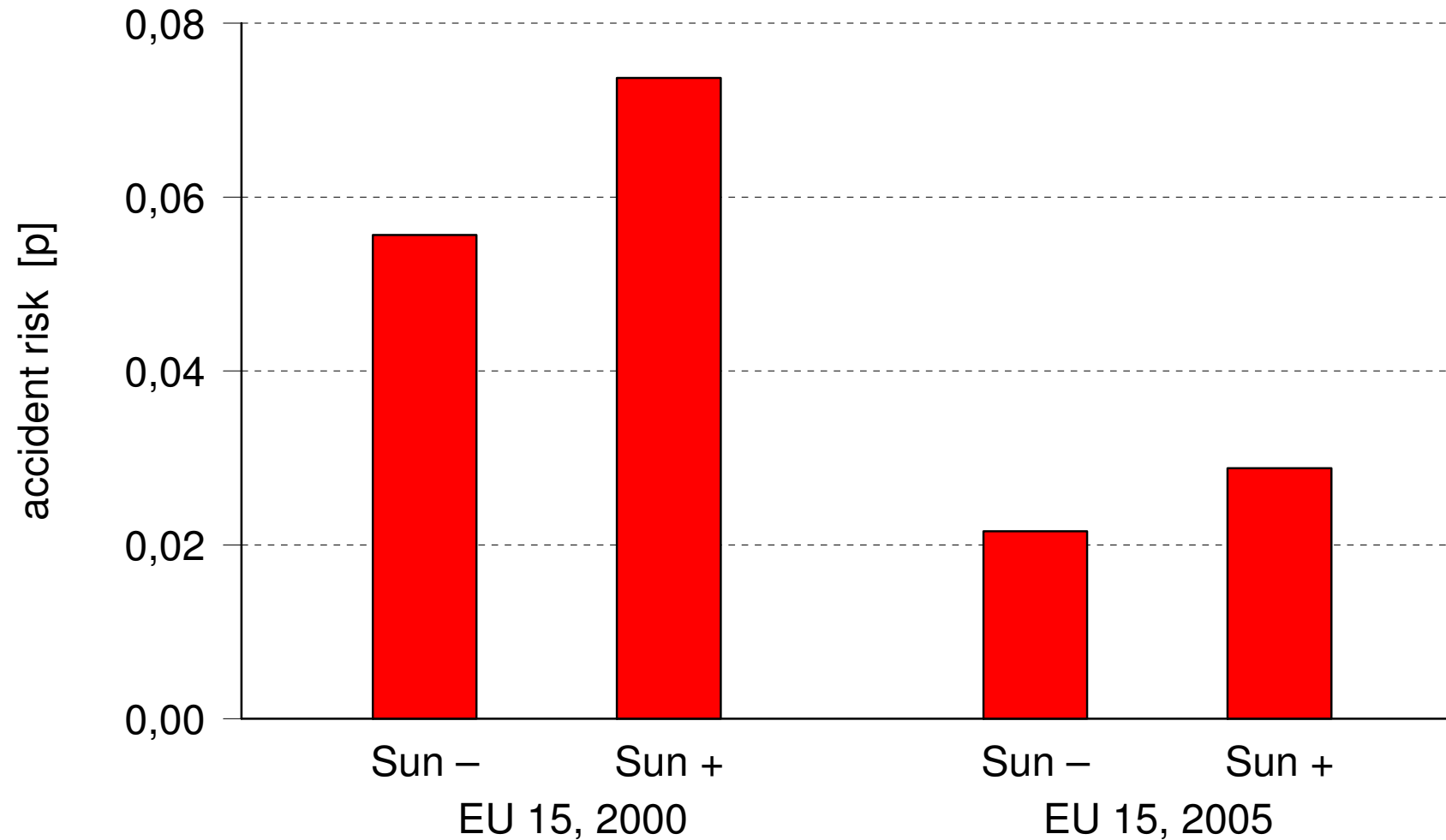
Normative structure of time

- the established normative function of time is, by itself, an important reason to keep Sundays free of work
 - to provide for effective recuperation
 - to provide for effective social interaction

- the question is what happens, if this normative structure is violated, i.e. what are the effects of working on Sundays, if there are any?
 - with regard to safety, health and social life

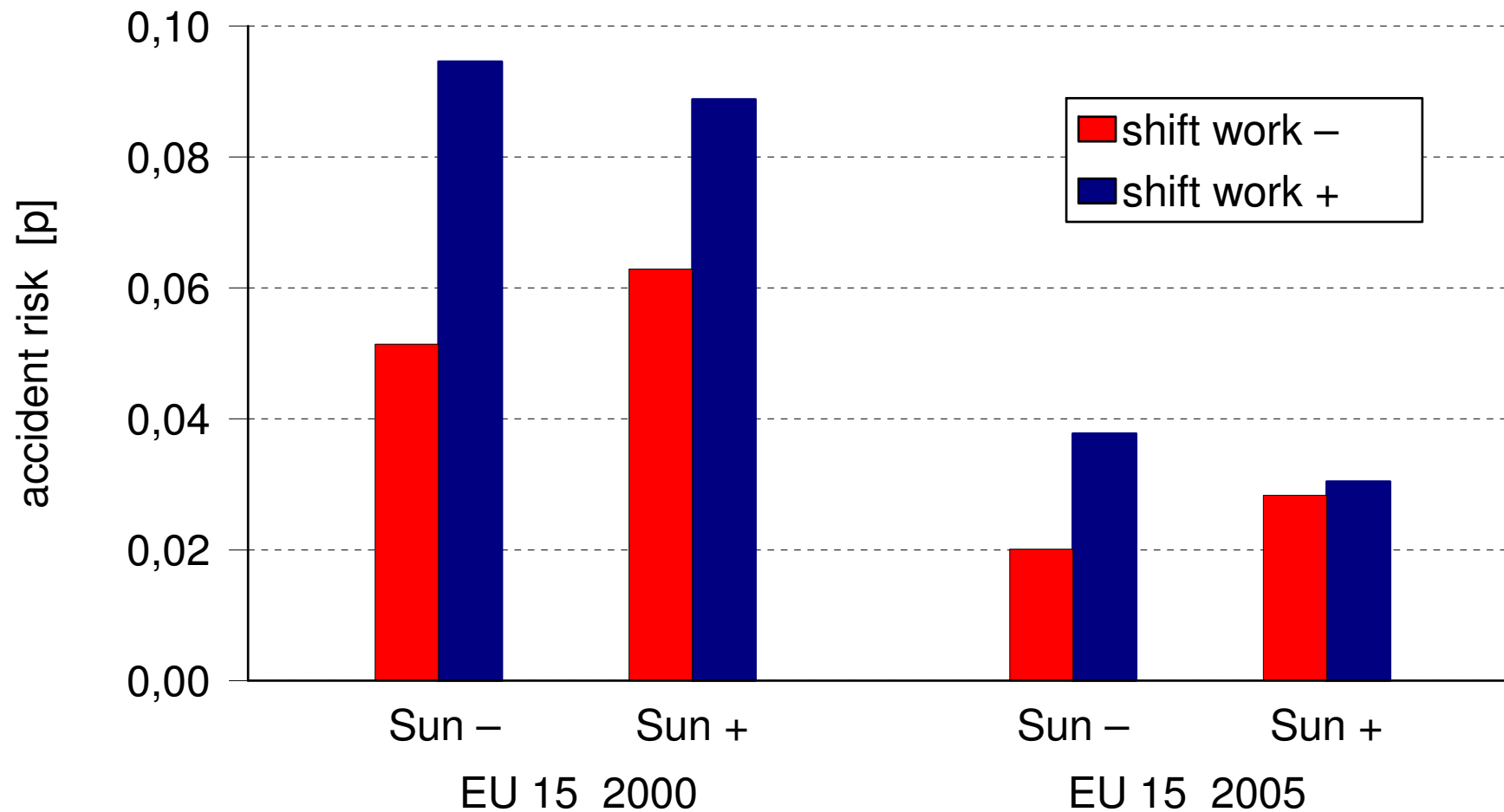
Effects on safety

Accident risk for working on Sundays, EU15 2000 und 2005



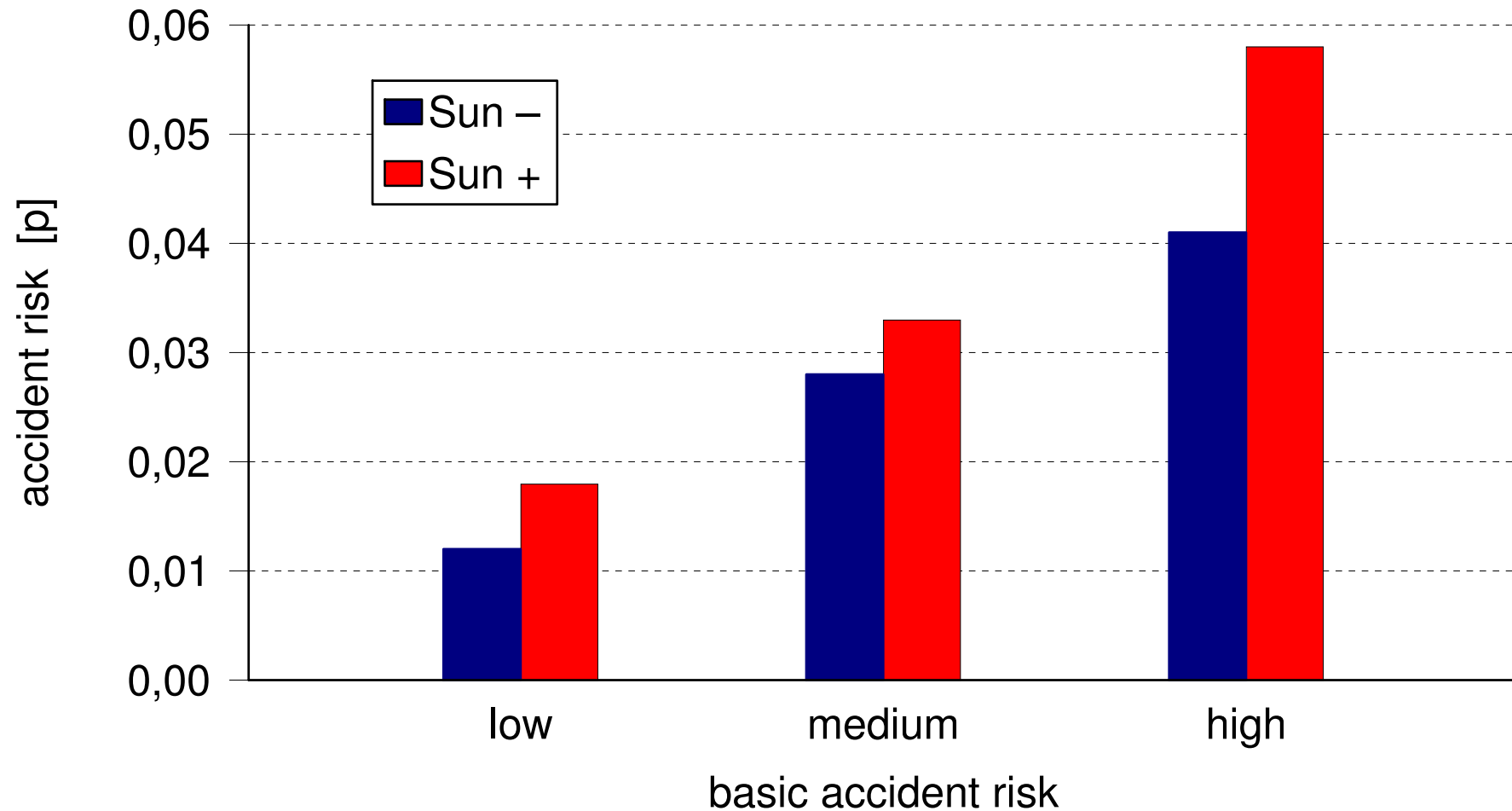
Effects on safety

Effects of working Sundays controlled for working shifts



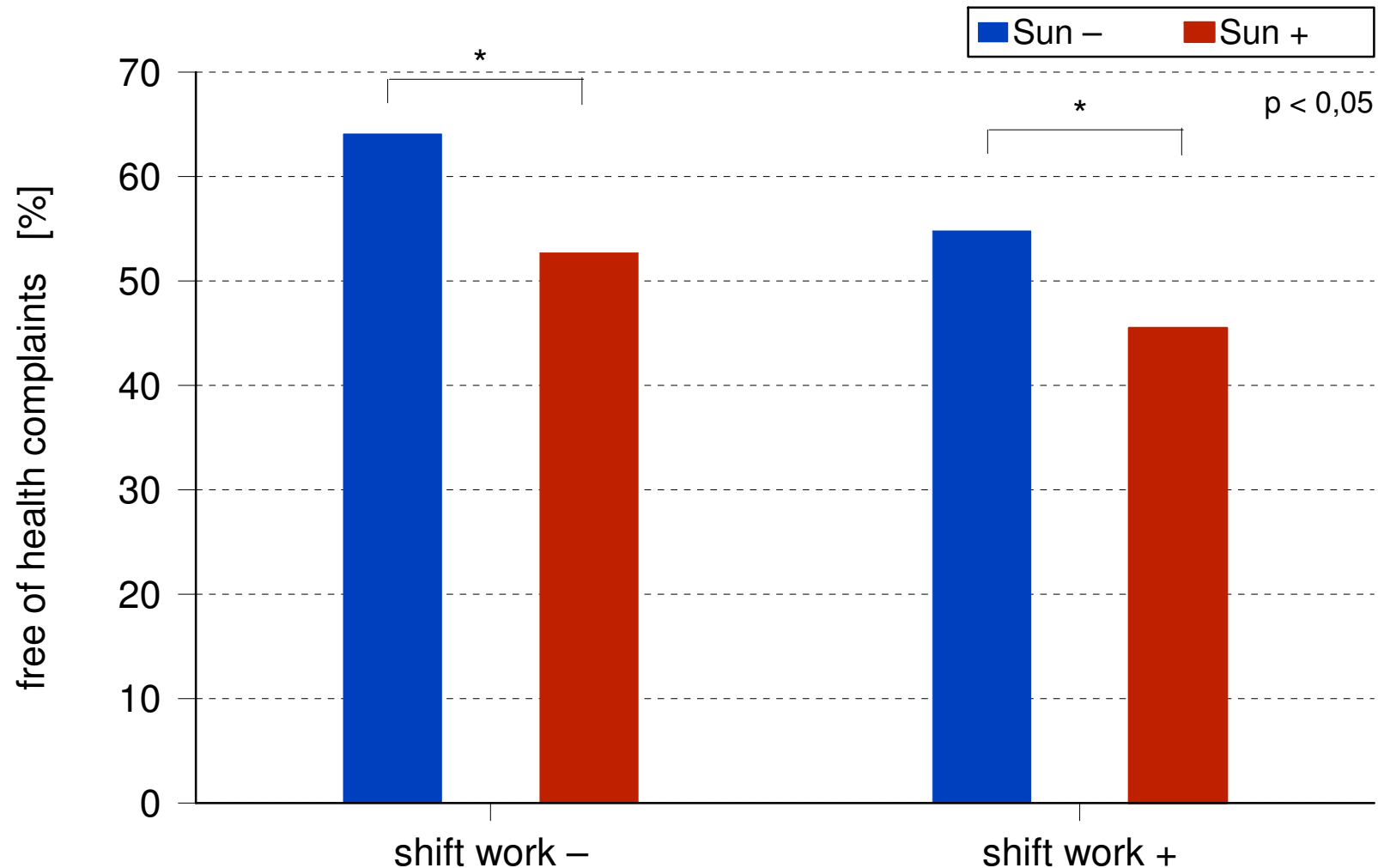
Effects on safety

Effects of working Sundays at different basic accident risks



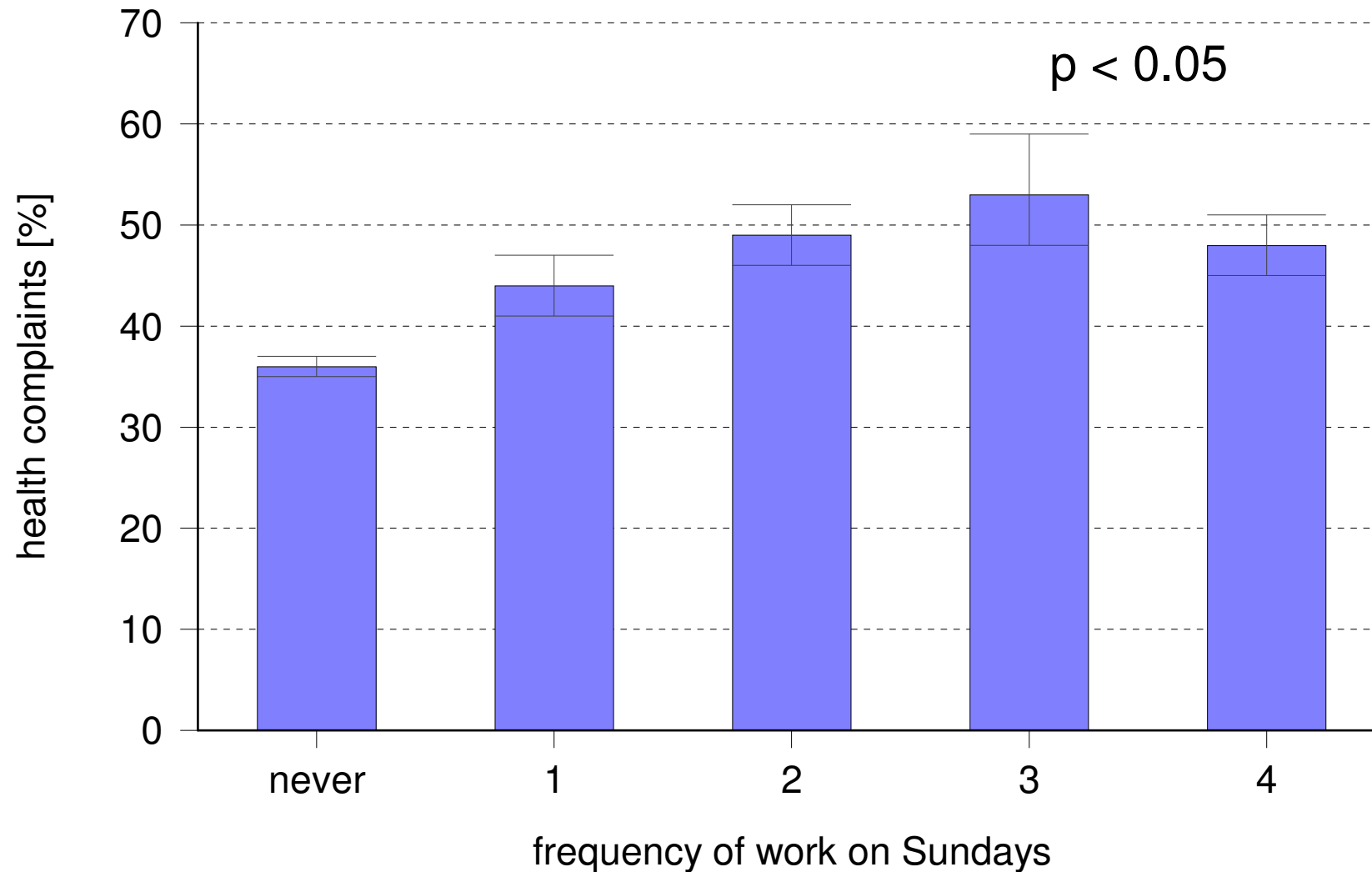
Effects on health

Absence of health complaints, EU 2005, EU31, employed workers



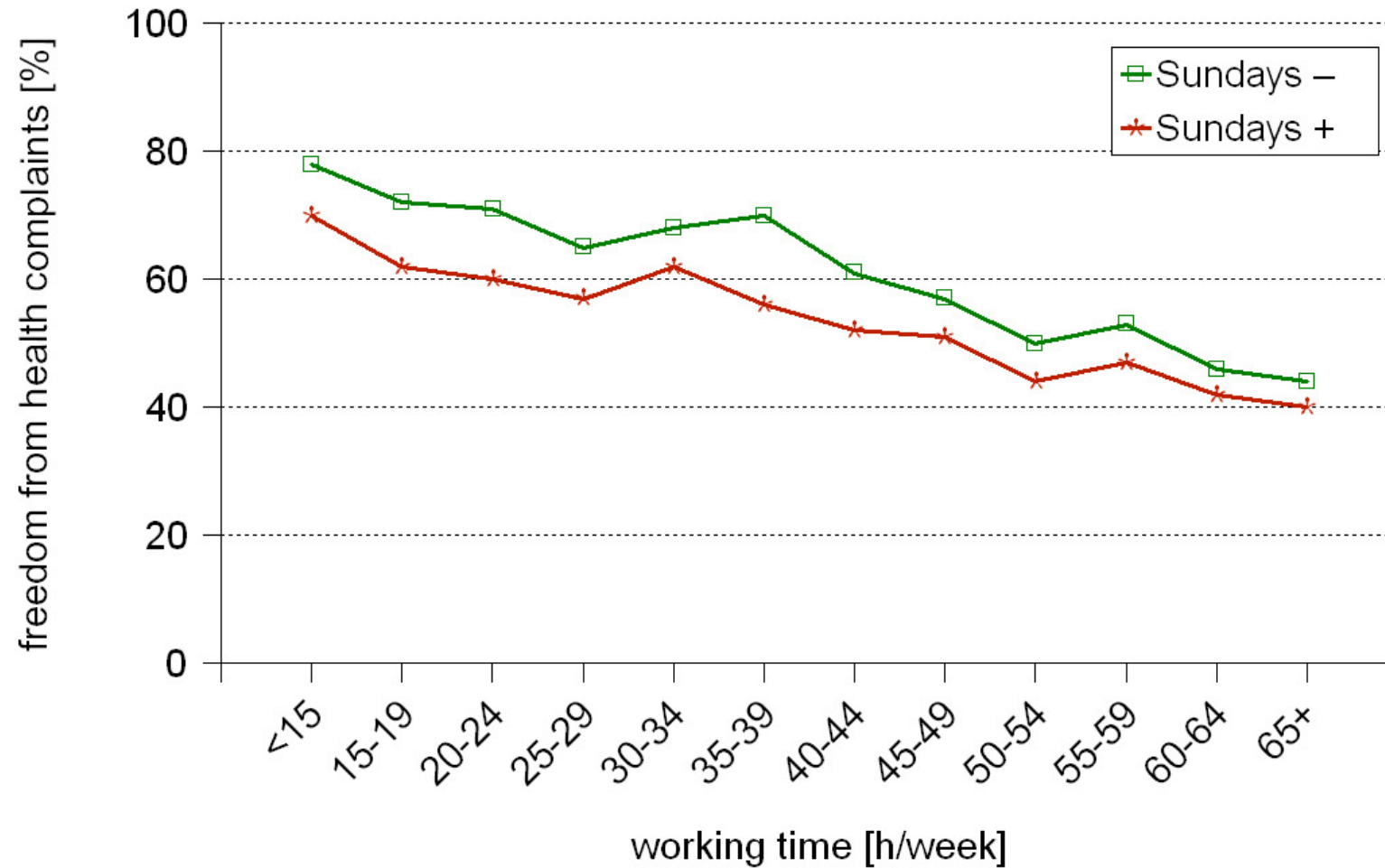
Effects on health

Frequency of health complaints by number of Sundays/month, EU 2005, EU31, employed workers



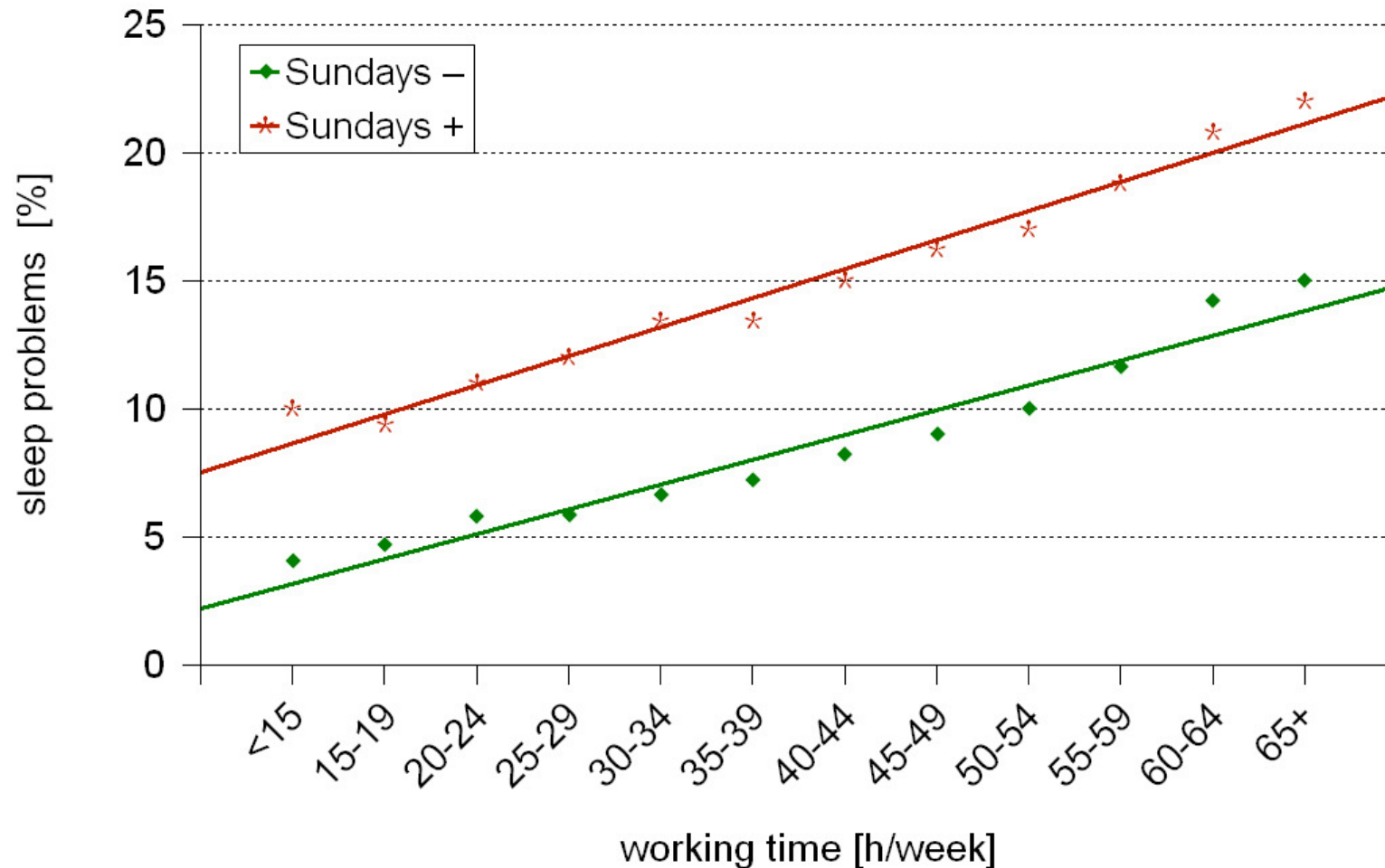
Effects on health

Absence of health complaints, EU 2005, EU31, employed workers,
no shift work



Effects on health

Sleep problems, working time and work on Sundays,
EU 2005, EU31, employed workers, no shift work



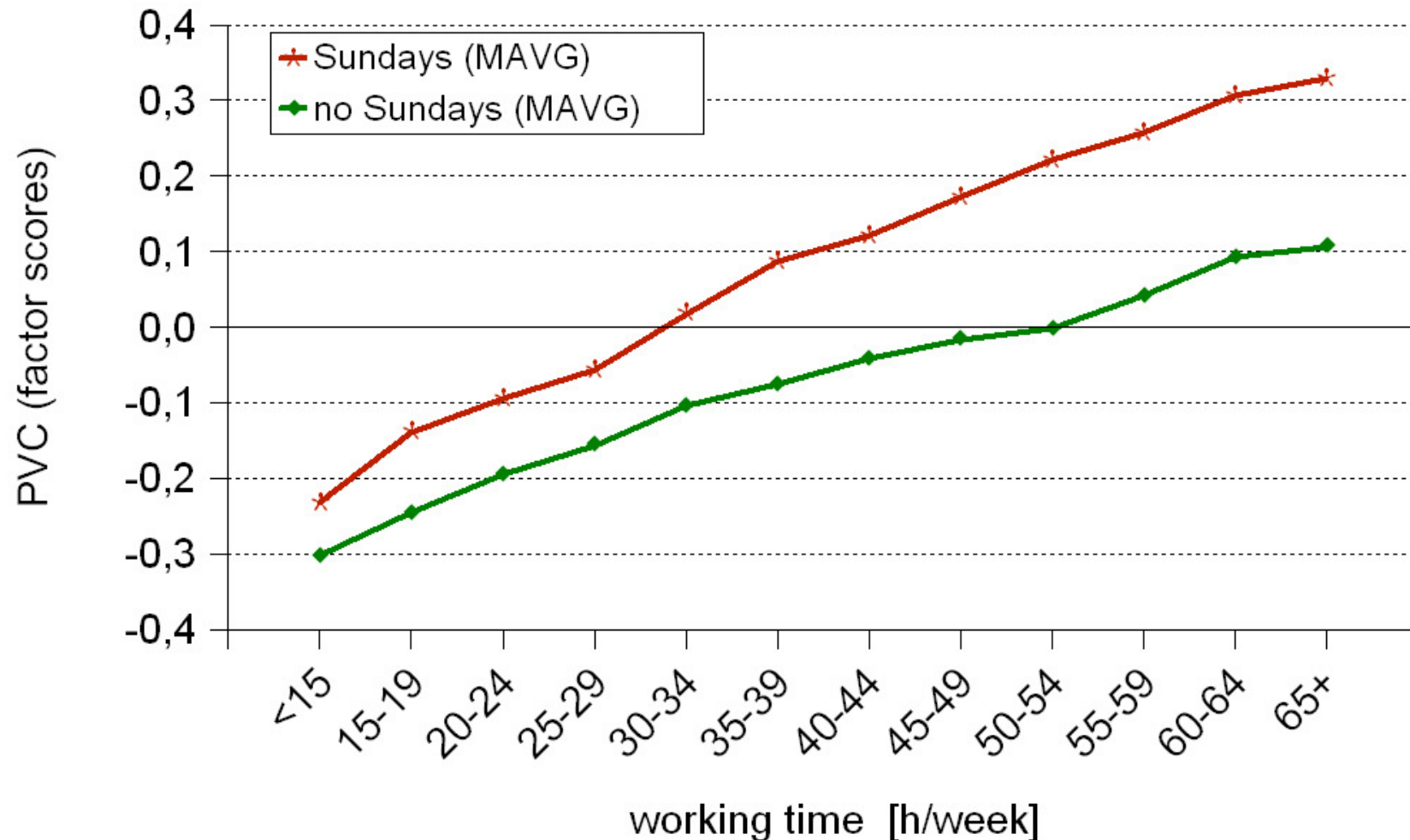
Effects on health

Heart troubles, working time and work on Sundays,
EU 2005, EU31, employed workers, no shift work



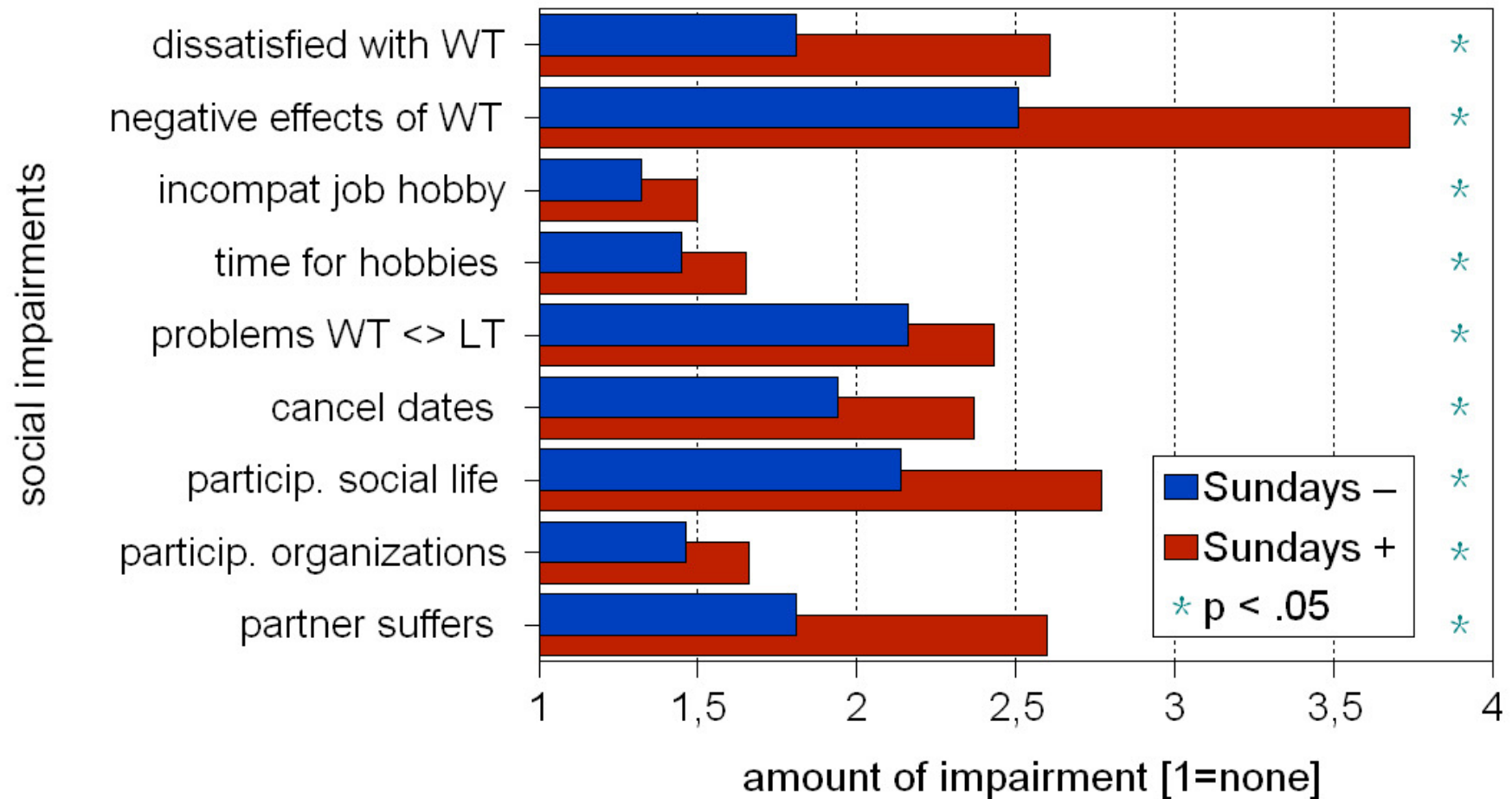
Effects on health

Psycho-vegetative complaints, working time and work on Sundays, means over 2 European and 2 German samples, employed workers



Effects on social life

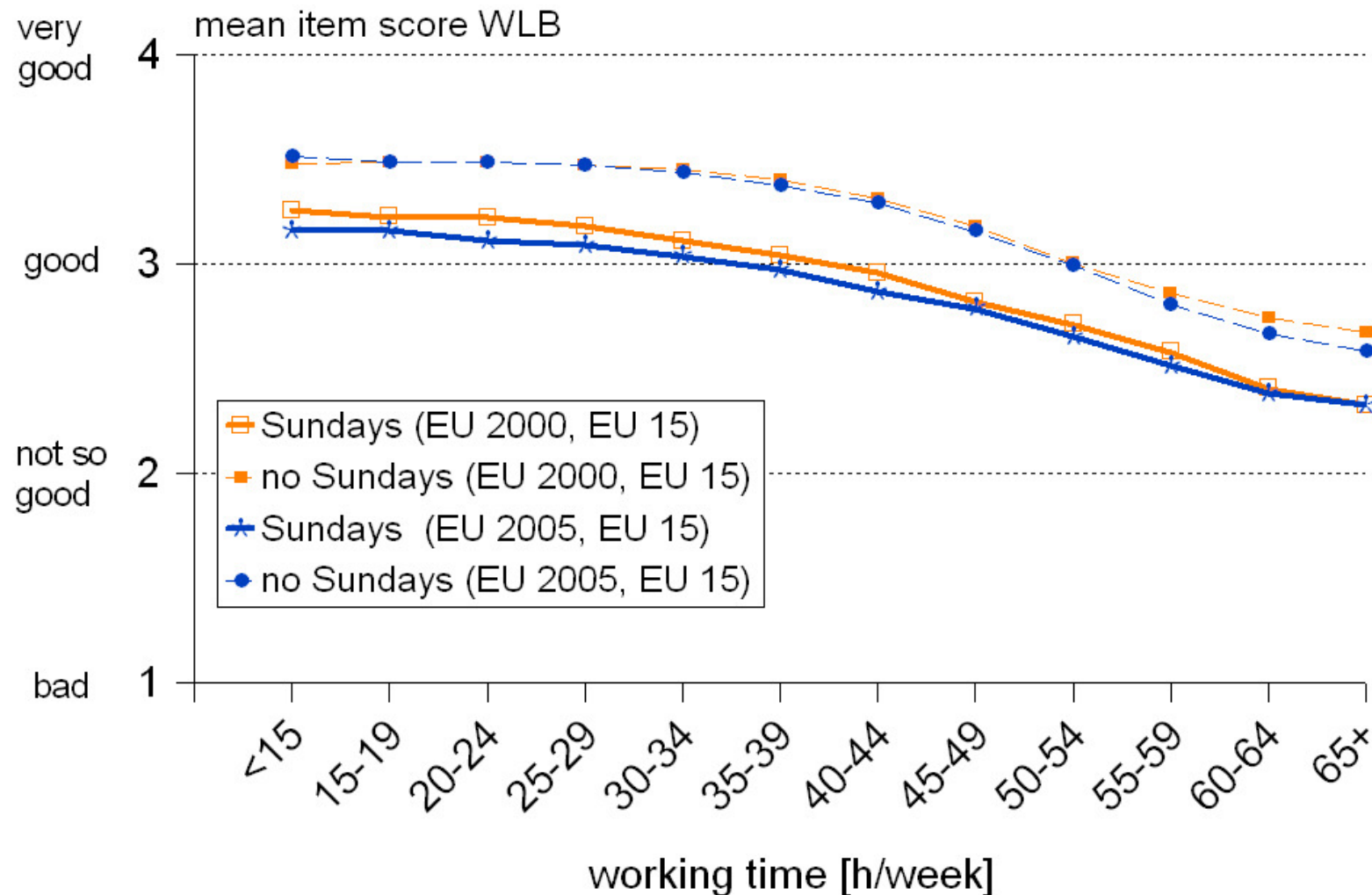
Working on Sundays and social impairments



data from Janßen & Nachreiner, survey on flexible working hours

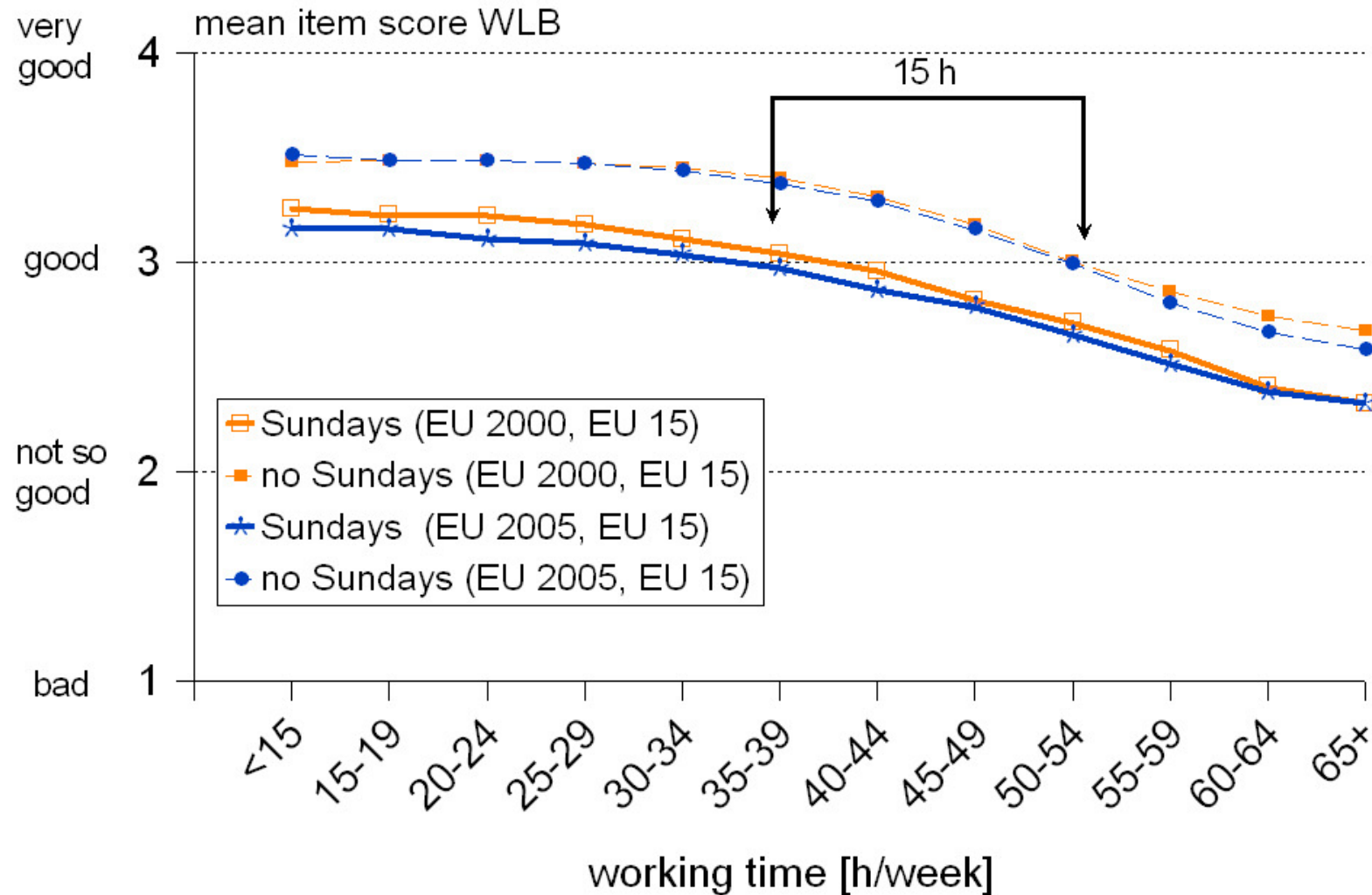
Effects on social life

Work-life balance, working time and work on Sundays, employed workers



Effects on social life

Work-life balance, working time and work on Sundays, employed workers



Conclusions

- There are obviously severe adverse effects of working on Sundays
- concerning
 - safety
 - health
 - social life
- these effects can obviously not be compensated / prevented by a different day off

Conclusions

- While the mechanisms for social impairments are rather straight, i.e. a reduction in social usable time, the mechanisms for the health and safety effects are not that much clear.
- One hypothesis is that the recuperative value of Sundays is different to that of other days off. Resting on Sundays may be different to resting on a workday due to the different (normative) functions of the Sunday as compared to other days.

Conclusions

- The results clearly demonstrate, that Sundays should thus be kept free of work as far as possible, in order to avoid or minimize the negative effects of work on Sundays on safety, health and social life.

***Thank you
for your attention!***

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