Take a Break! Most Workers Aren't Using All Their Time Off

With the unofficial start to summer upon us, vacation is on the agenda for many employees. However, new research finds that they won't be taking as much time off as
5   they could.

A study from the online job site Glassdoor revealed that the average U.S. employee who receives vacation time has only taken about half (54 percent) of his or her eligible
10 paid time off in the past year. More than 20 percent of those surveyed have taken less than one-quarter of their eligible vacation time.

Just 23 percent of employees took 100 percent of their earned time off over the past year.

The silver lining is that, overall, employees took slightly more time off last year than they did in 2015. [...]

15 Katie Denis, Project: Time Off's senior director and the report's author, said the increase in the amount of time employees took off over the past year is reason for optimism that workers' bad vacation habits could be improving.

"Our workforce still has a long way to go to rewire its thinking that hours worked and business are equivalent to productivity," Denis said in a statement. "But make no mistake,
20 the increase in vacation usage is a positive indicator for American work culture." [...]

One problem employees have when taking vacations is that they have a hard time truly breaking away. The Glassdoor research, which surveyed 2,224 U.S. adults, found that just 54 percent of employees said they completely "check out" while on vacation, down from 63 percent in 2014.

25 Nearly 30 percent of the employees surveyed are expected to stay aware of work issues and jump in if things need their attention while they are away, up from 20 percent in 2014. The study also found that 12 percent of workers are expected to be reachable, deliver work or participate in conference calls while on vacation.

By Chad Brooks, adapted from *www.businessnewsdaily.com*, June 1st, 2018