

bausa:

Federal Institute for Occupational
Safety and Health



NIGHT- AND SHIFTWORK IN GERMANY



Dr. Anne Marit Wöhrmann

Federal Institute for Occupational Safety and Health

**Light, health and shift work
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AGENDA

Trend:

Atypical Working Times are not that untypical anymore!

(z. B. Absenger et al., 2014)

- **Overview BAuA-Working Time Survey 2015**
- **Night- and Shiftwork:
Prevalence and Distribution in Germany**
 - ✓ Socio-Demographic Characteristics
 - ✓ Working Time Duration
 - ✓ Economic-Structural Characteristics



OVERVIEW: BAuA-WORKING TIME SURVEY 2015

Goal Setting and Methodological Approach

Giving an overview of the prevalence and distribution of various working time aspects as well as focusing on the role of working time for health and satisfaction of employees
= Working time reality in Germany

- Survey of 20 030 working persons – Survey period: May to October 2015
- Computer Assisted Telephone Interview (CATI) in cooperation with infas – Institut für angewandte Sozialwissenschaft
- Random sample
- Population = All persons from the age of 15 up, who work at least 10 hours a week in their primary occupation
- Weighting of data: Representative in comparison to the microcensus survey



NIGHT- AND SHIFTWORK: PREVALENCE AND DISTRIBUTION IN GERMANY

„Typical“ Daily Working Times
between 7 am & 7 pm

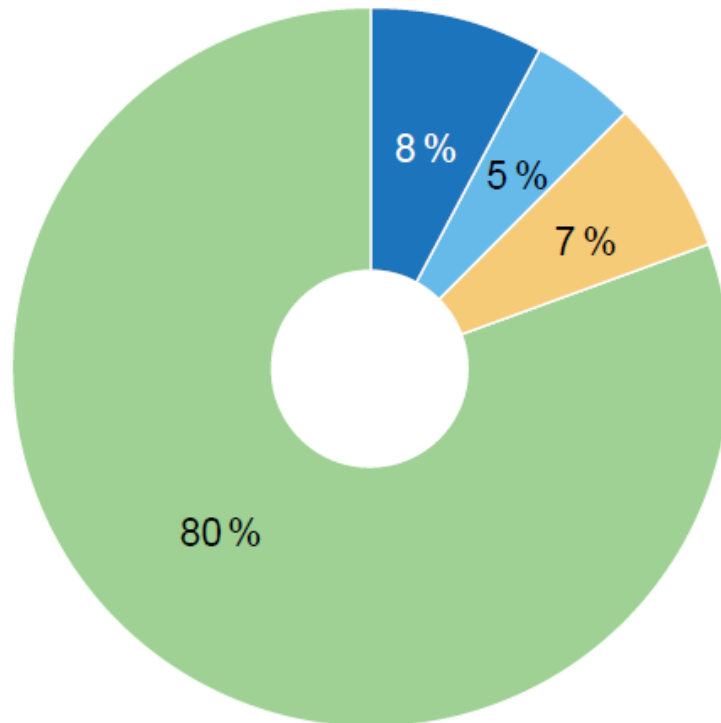
Shifted
Working Times

Rotating Shiftwork
without Night Work

Rotating Shiftwork with/or Night Work /



NIGHT- AND SHIFTWORK: PREVALENCE AND DISTRIBUTION IN GERMANY



**Working Time Location
of Employees
(n = 17 934)**

- Typical Working Times between 7 am & 7 pm
- Shifted Working Times (Non-varying)
- Rotating Shiftwork without Night Work
- Rotating Shiftwork with/or Night Work

Rounding errors possible



NIGHT- AND SHIFTWORK IN THE WORKING TIME REPORT: PREVALENCE AND DISTRIBUTION IN GERMANY

Men tend to work in shift work more frequently than women:

Gender

Rotating Shiftwork with Night Work/ Permanent Night Work → **men = 65 %**

Shifted Working Times → **men = 61 %**

Exception: Rotating Shiftwork without Night Work → **men = 47 %**

Gender	Typical Working Times between 7 am & 7 pm	Shifted Working Times	Rotating Shift Work without Night Work	Rotating Shift Work with Night Work / Permanent Night Work
total	80	8	5	7
men	78	9	4	8
women	83	7	5	5



NIGHT- AND SHIFTWORK IN THE WORKING TIME REPORT: PREVALENCE AND DISTRIBUTION IN GERMANY

Age

Age differences are particularly apparent concerning Night Work:

5 % of the working persons over the age of 55 are working at night, in comparison to 8 % in each of the younger age groups.

Age	Typical Working Times between 7 am & 7 pm	Shifted Working Times	Rotating Shift Work without Night Work	Rotating Shift Work with Night Work / Permanent Night Work
total	80	8	5	7
15 – 29	79	8	5	8
30 – 44	81	7	5	7
45 – 54	80	8	5	8
55 - 65	81	9	5	5



NIGHT- AND SHIFTWORK IN THE WORKING TIME REPORT: PREVALENCE AND DISTRIBUTION IN GERMANY

Level of Education

High qualified employees work more frequently in typical working times from 7 am to 7 pm.

Low qualified employees tend to do more shift work independent of the type of shift work system.

Level of Education ¹	Typical Working Times between 7 am & 7 pm	Shifted Working Times	Rotating Shift Work without Night Work	Rotating Shift Work with Night Work / Permanent Night Work
total	80	8	5	7
low	62	19	11	8
medium	76	9	6	9
high	89	5	2	4

¹) Classification by ISCED



NIGHT- AND SHIFTWORK IN THE WORKING TIME REPORT: PREVALENCE AND DISTRIBUTION IN GERMANY

Working Time Duration

Working Time Duration	Typical Working Times between 7 am & 7 pm	Shifted Working Times	Rotating Shift Work without Night Work	Rotating Shift Work with Night Work / Permanent Night Work
total	80	8	5	7
part-time ¹	83	8	5	4
full-time ²	80	8	5	8

1) actual weekly working time between 10 & 34 hours

2) actual weekly working time at least 35 hours



NIGHT- AND SHIFTWORK IN THE WORKING TIME REPORT: PREVALENCE AND DISTRIBUTION IN GERMANY

Economic Sector

Working Time Duration	Typical Working Times between 7 am & 7 pm	Shifted Working Times	Rotating Shift Work without Night Work	Rotating Shift Work with Night Work / Permanent Night Work
total	80	8	5	7
public service	83	6	3	8
industry	74	7	6	13
craft sector	86	8	4	*
service sector	81	9	6	4
other sector	81	9	*	6



NIGHT- AND SHIFTWORK IN THE WORKING TIME REPORT: PREVALENCE AND DISTRIBUTION IN GERMANY

Company Size

The bigger the company size, the higher the number of night workers.

Company Size	Typical Working Times between 7 am & 7 pm	Shifted Working Times	Rotating Shift Work without Night Work	Rotating Shift Work with / or Night Work /
total	80	8	5	7
up to 49 employees	85	8	4	3
50 to 249 employees	80	8	5	7
from 250 employees	77	6	5	12

