

Media release

29 October 2014

Countdown to Go Home on Time Day begins! Sync your calendars for Wednesday 19 November

On any given day, 2.8 million Australians have little certainty around what time they will finish work, new research conducted for national Go Home on Time Day reveals.

That's the equivalent of one in four workers regularly having to juggle their other commitments such as child care, social activities or important appointments, because of the unpredictability of their job.

Issues around overwork, underwork, job security and physical and mental health are behind national **Go Home on Time Day (GHOTD) which will be held on Wednesday 19 November**. Now in its sixth year, Go Home on Time Day is an initiative of The Australia Institute to promote better work/life balance.

The Australia Institute's Executive Director Dr Richard Denniss said the issues which led to the creation of Go Home on Time Day remain as relevant today as when it was launched in 2009.

"Many Australians continue to struggle with the idea of saying no to last-minute meetings at the end of a working day, or turning their smartphone to silent when they get home, and numerous studies have shown that workers are more productive if they take scheduled breaks and annual leave," Dr Denniss said.

Research will be released in the lead-up to GHOTD reflecting on whether work/life balance has improved or deteriorated over the life of the initiative and the reasons for that.

Workplaces and individuals can register their participation at www.gohomeontimeday.org.au and download a number of resources.

People can also join the conversation via:

Facebook: www.facebook.com/gohomeontimeday

Twitter: @gohomeontimeday

Notes for editors

- The Australia Institute conducted an online survey in August 2014. Respondents were sourced from a reputable independent online panel provider and earn reward points to participate. Results were post-weighted (n=982) by age and gender based on the profile of the adult Australian population.
- Calculations based on labour force data: ABS, Labour Force, September 2014, Cat. No. 6202.0

For media enquiries, please contact:

0455 7777 18