

Job Pressure in Canada

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Responses to the following three statements were used to attain a measure of the amount of job pressure workers in Canada endure.

- 1. Did you feel overwhelmed by how much you had to do at work?**
- 2. Did you have to work on too many tasks at the same time?**
- 3. Did the demands of your job exceed the time you have to do the work?**

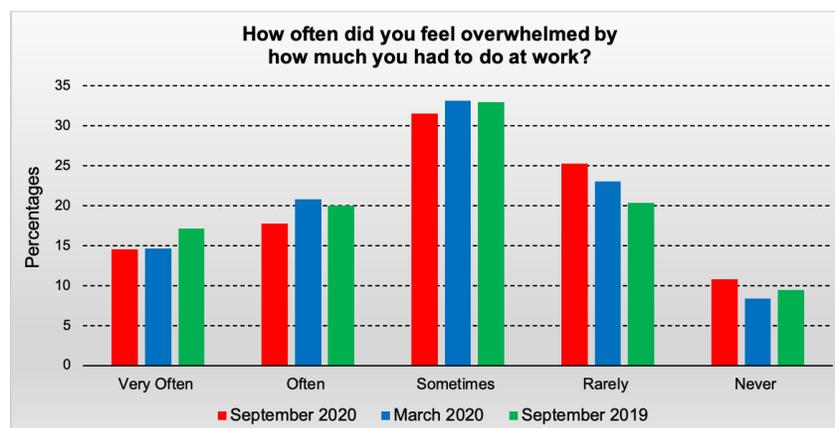
Responses to these statements were then collected on three separate occasions:

- **September 2020, March 2020, and September 2019.**

Three separate nationally representative surveys were conducted with the assistance of Angus Reid Global with members of their Forum Panel. In September 2020, we surveyed 4,001 Canadian workers; in March 2020, we surveyed 2,528 Canadian workers; in September 2019, we surveyed 2,524 Canadian workers. In each case, we weighted the data according to the latest Census information to ensure the sample results are broadly representative of the working population of Canadians.

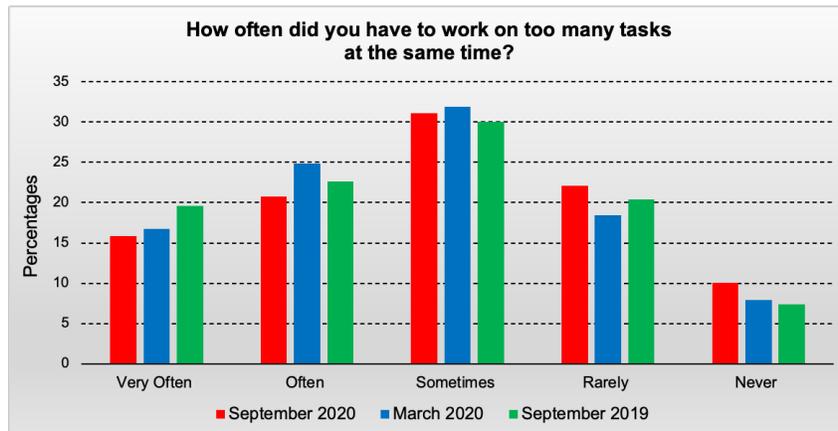
Results of the responses were quantified into percentages and are depicted in the following charts below.

- 1. Did you feel overwhelmed by how much you had to do at work?**



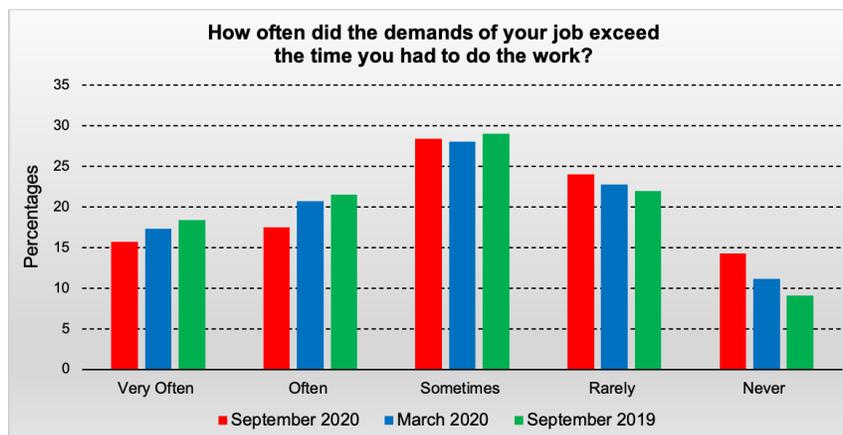
In September of 2020, approximately 30% of participants said they often or very often felt overwhelmed by how much they had to do at work. In comparison to responses one year ago in 2019, the number of participants who feel similarly has decreased by 5% over the course of the year.

2. Did you have to work on too many tasks at the same time?



September 2020 results to this response were very similar to the findings for previous response above. 35% of participants felt they often or very often had to work on too many tasks at the same time, and compared to September 2019, this figure has also decreased by 5% over the course of the year.

3. Did the demands of your job exceed the time you have to do the work?



Again, we see a similar trend in September 2020 to that of the findings for the previous two responses above. 33% of participants felt they often or very often had to work on too many tasks at the same time, and in comparison to September 2019 results, this figure has decreased by 5% over the course of the year.