

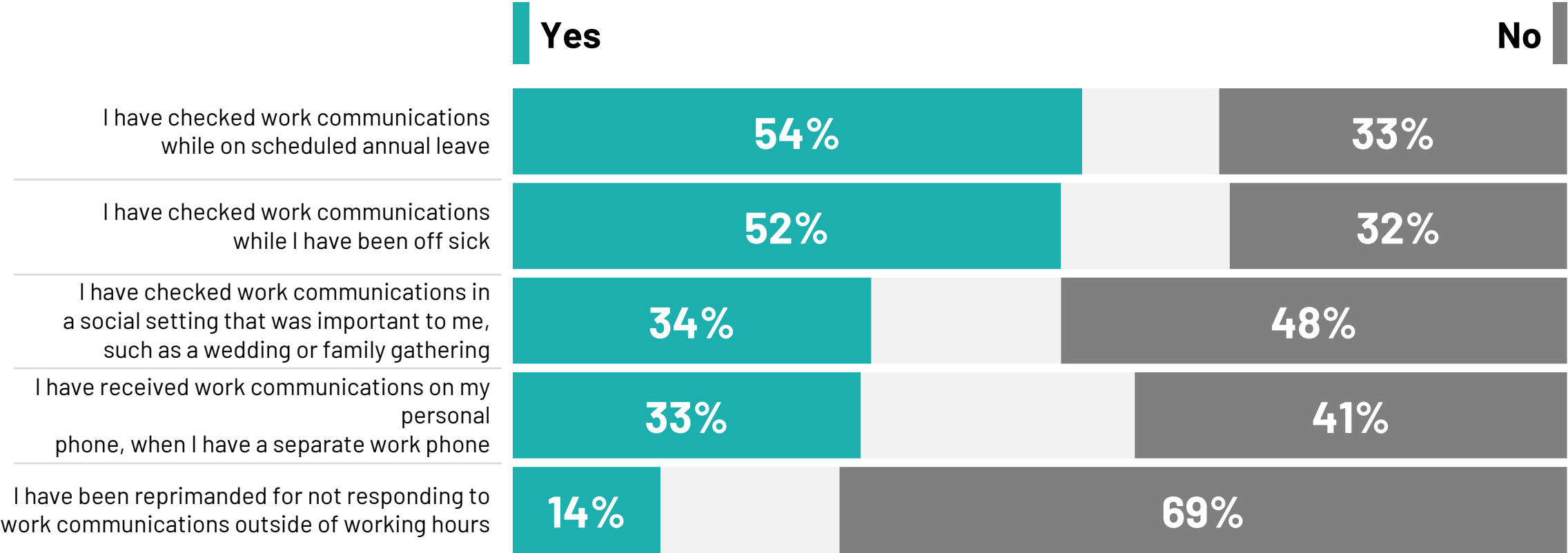
# Ipsos Right to Switch Off polling

October 2024



# More than half say they have checked work communications while on scheduled annual leave or off sick

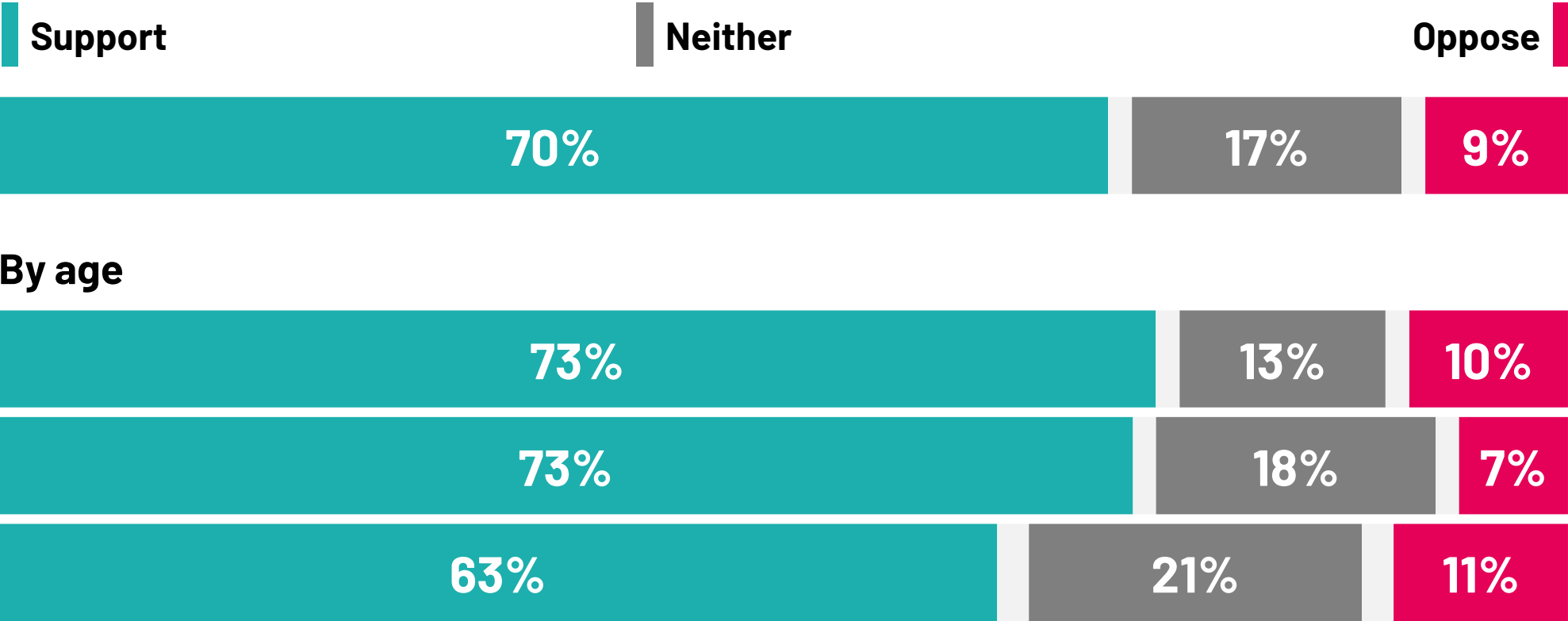
Over the past year, have any of the following things happened to you?



Base: 1,279 Online British adults aged 18-75 in employment, 30 September - 1 October 2024.

# 7 in 10 support the British Government passing a law that gave British workers “the Right to Switch Off”

As part of a “New Deal for Working People,” the British government is exploring giving British workers a ‘Right to Switch Off.’ This policy would provide workers with the right to not be routinely contacted by their employer or required to work outside of their contracted hours. To what extent, if at all, would you support or oppose the government passing such a law?

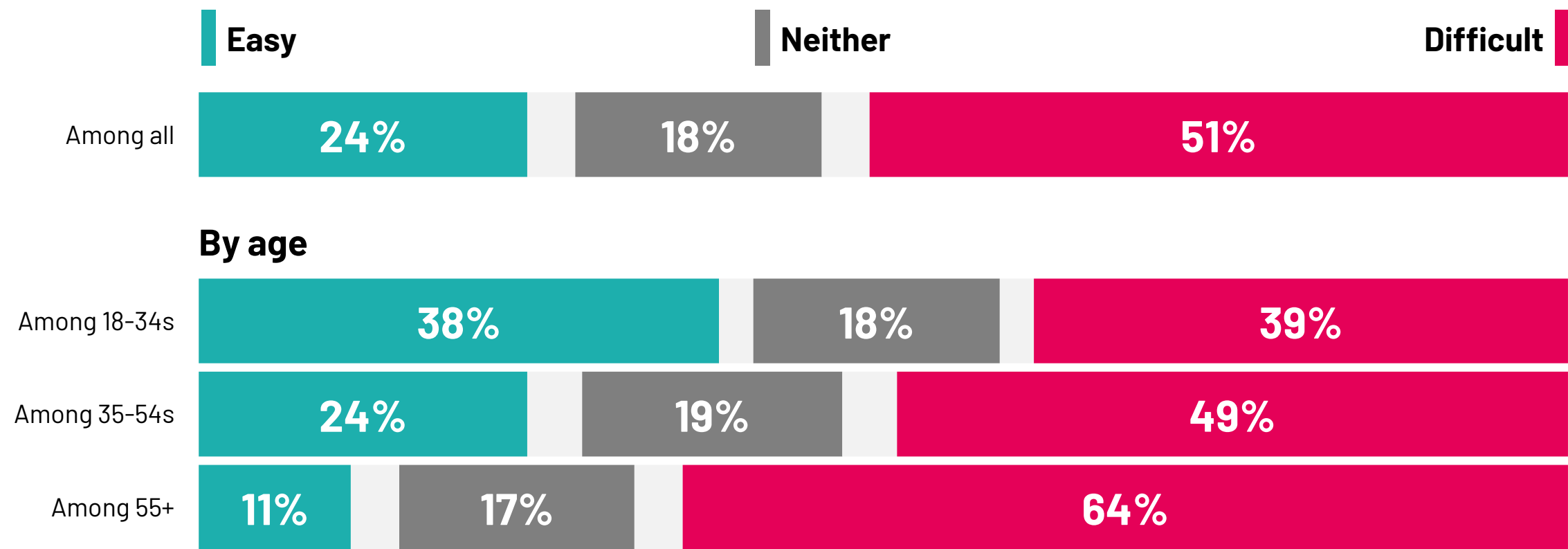


Base: 2,157 Online British adults aged 18-75, including (687) 18-34s, (785) 35-54s and (685) 55+, 30 September - 1 October 2024



# Half of Britons think it would be difficult for the British government to ensure organisations followed the Right to Switch Off

How easy or difficult, if either, do you think it would be for the British government to ensure organisations are following the terms of the Right to Switch Off?

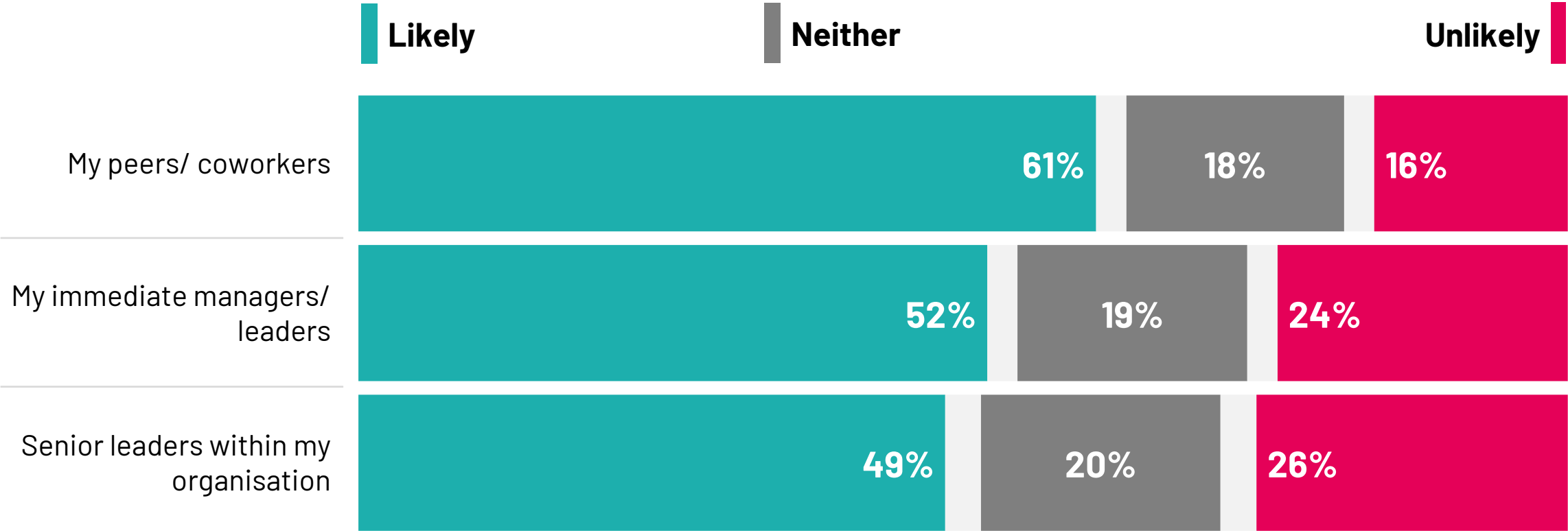


Base: 2,157 Online British adults aged 18-75, including (687) 18-34s, (785) 35-54s and (685) 55+, 30 September - 1 October 2024



# Britons are more likely to think their coworkers, immediate managers / leaders, and senior leaders would respect the right to switch off than unlikely, should it be passed into law

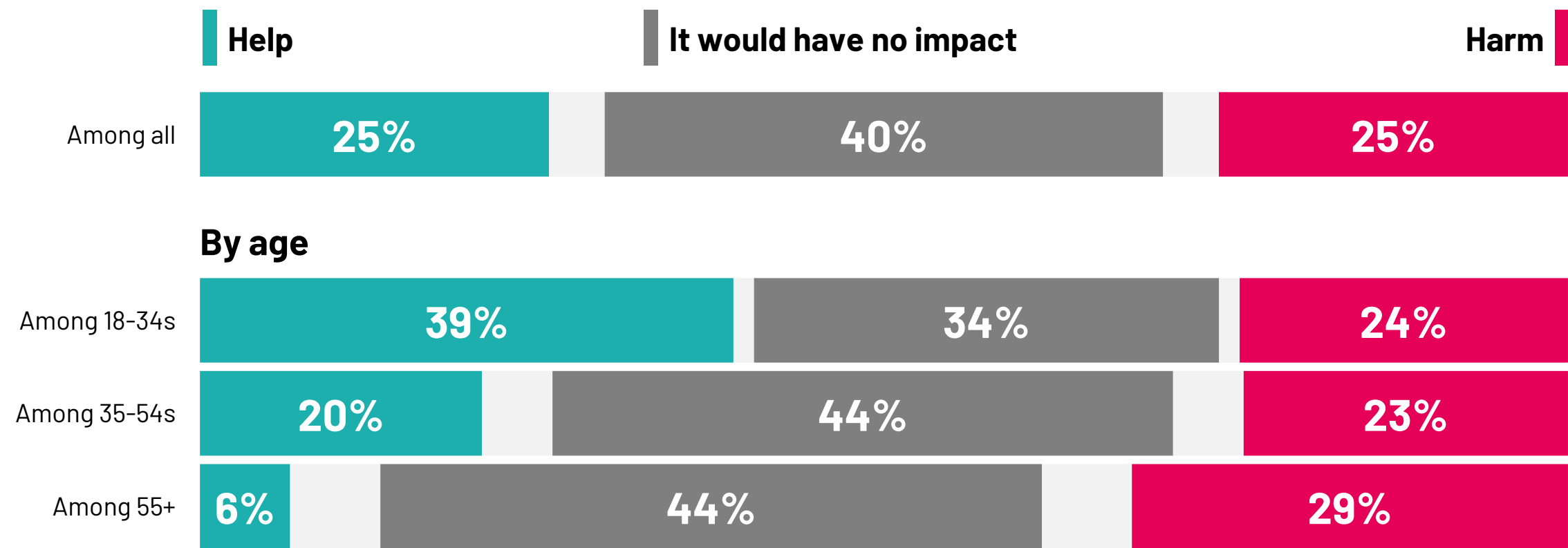
If passed into law, how likely or unlikely, if either, do you think it is that the Right to Switch Off would be respected by each of the following?



Base: 1,279 Online British adults aged 18-75 in employment, 30 September - 10 October 2024.

# 2 in 5 Britons think it would have no impact on their career prospects if they were to assert their right to switch off and didn't reply to work communications after hours.

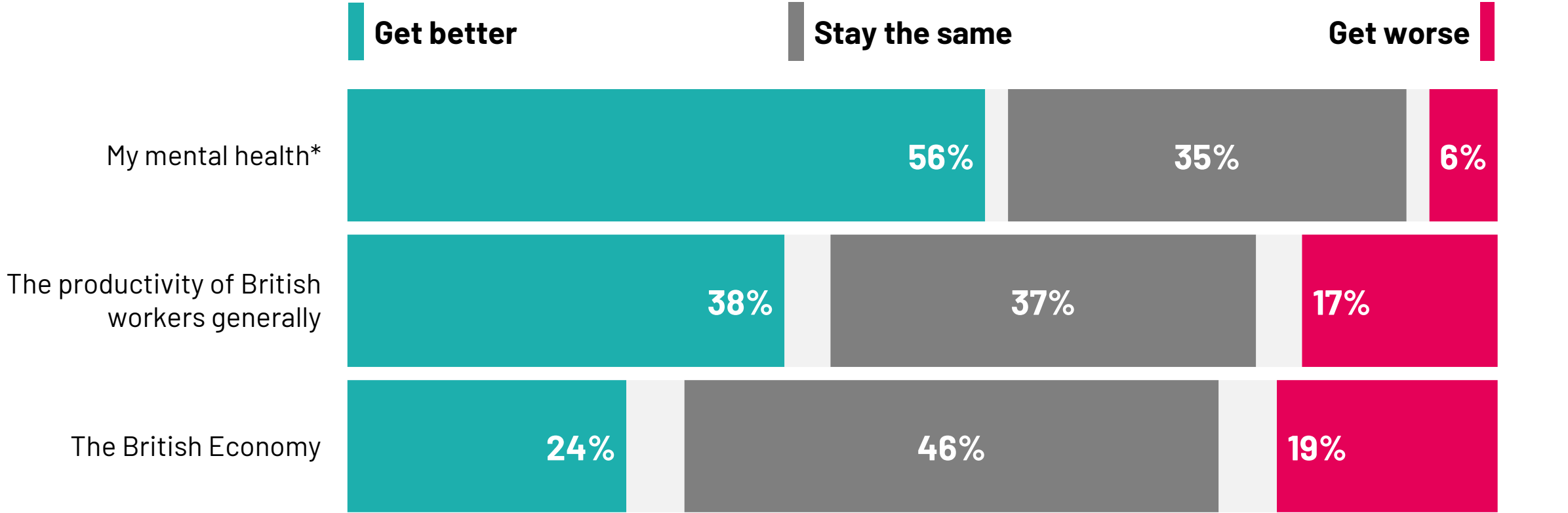
Still thinking as if the Right to Switch Off were to be passed into law, if you asserted your right to switch off and didn't reply to work communications after hours, do you think it would help or harm your career prospects, or would it have no impact?



Base: 2,157 Online British adults aged 18-75, including (687) 18-34s, (785) 35-54s and (685) 55+, 30 September - 1 October 2024

# Over half of those who are in employment think that their mental health would get better if the Right to Switch Off was implemented

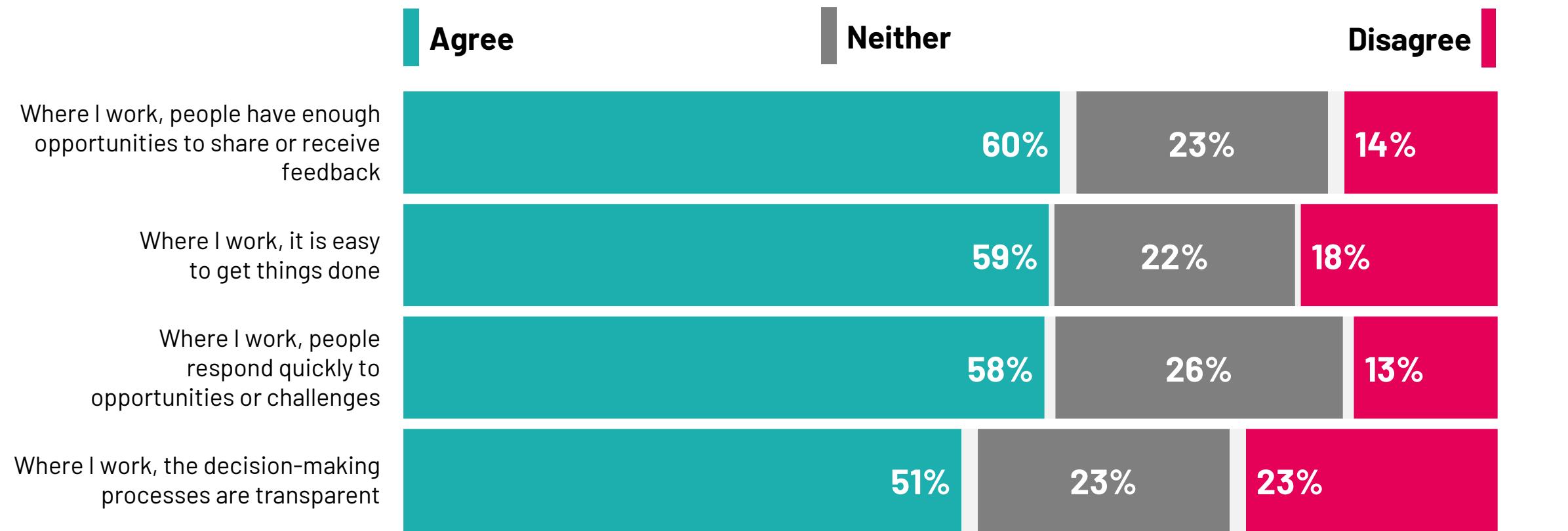
If the government were to adopt the Right to Switch Off, do you think each of the following would get better or worse, or do you think it would stay the same?



Base: 2,157 Online British adults aged 18-75, including (687) 18-34s, (785) 35-54s and (685) 55+, 30 September - 1 October 2024.  
\*Only asked to those in employment (1,279).

# 3 in 5 adults in employment agree that where they work, people have enough opportunities to share or receive feedback

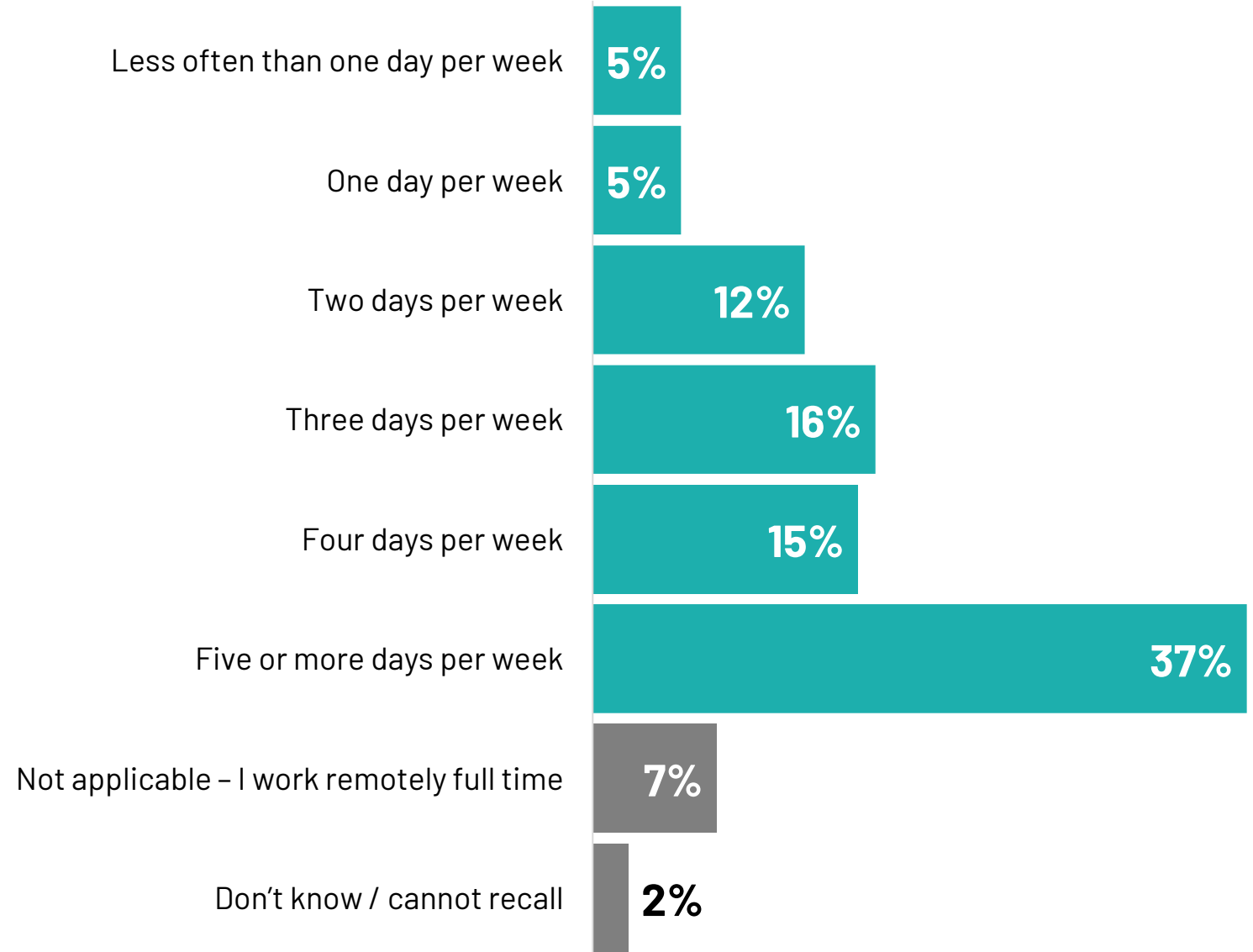
To what extent do you agree or disagree with the following statements?



Base: 1,279 Online British adults aged 18-75 in employment, 30 September - 1 October 2024.

# Around a third of adults in employment say they work at their employer's location five or more days a week

How often do you usually work at your employer's location (office, contact centre, etc.)?

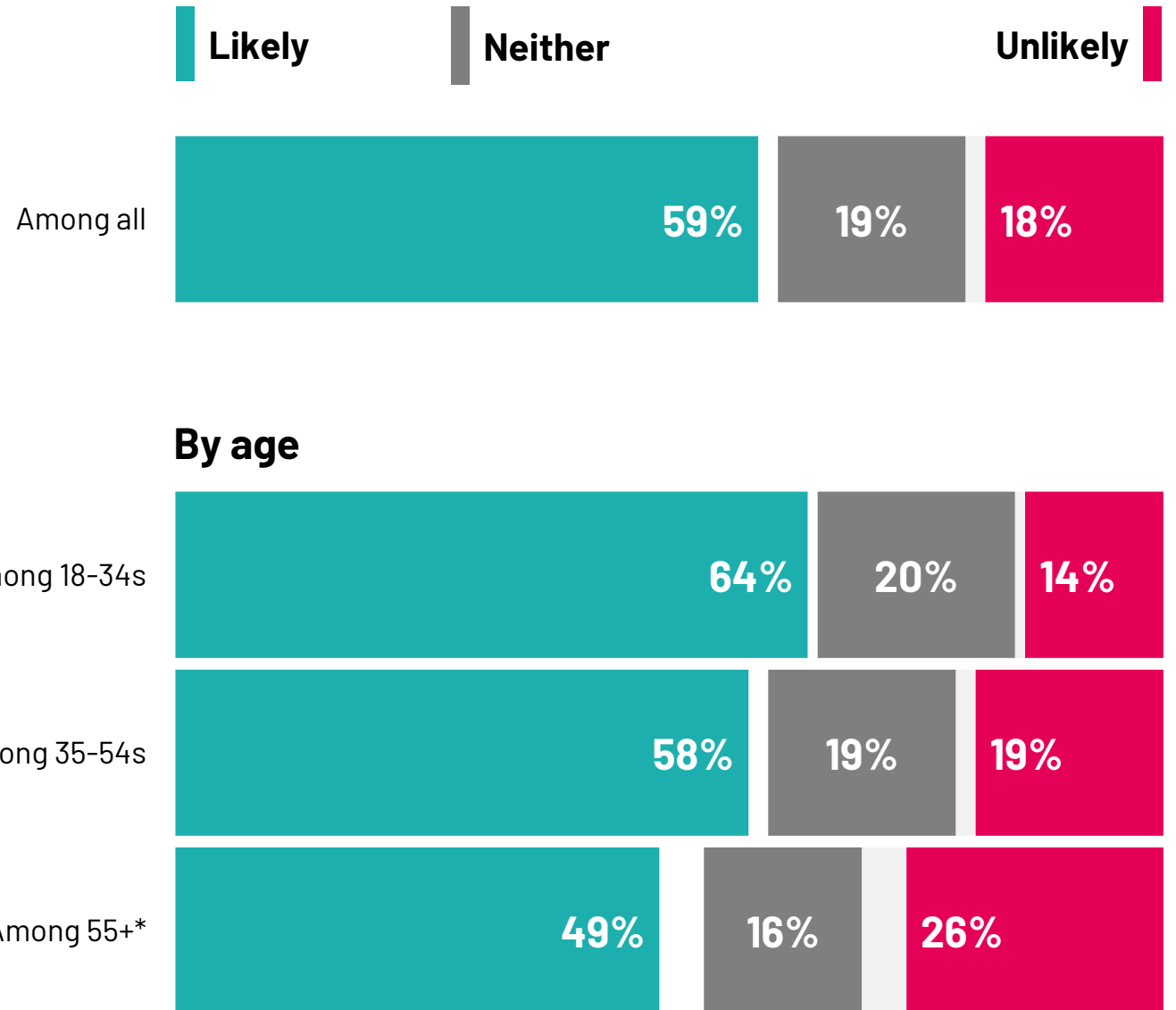


**Base: 1,279** Online British adults aged 18-75 in employment, 30 September - 1 October 2024.

**If they were asked to return to the office five days a week, around 3 in 5 British workers say it is likely that they would seek an employer who did not require them to be in for this amount of time**

If your current employer required you to return to the office five days per week, how likely or unlikely do you think it is that you would seek an employer that did not require you to be in the office for this amount of time?

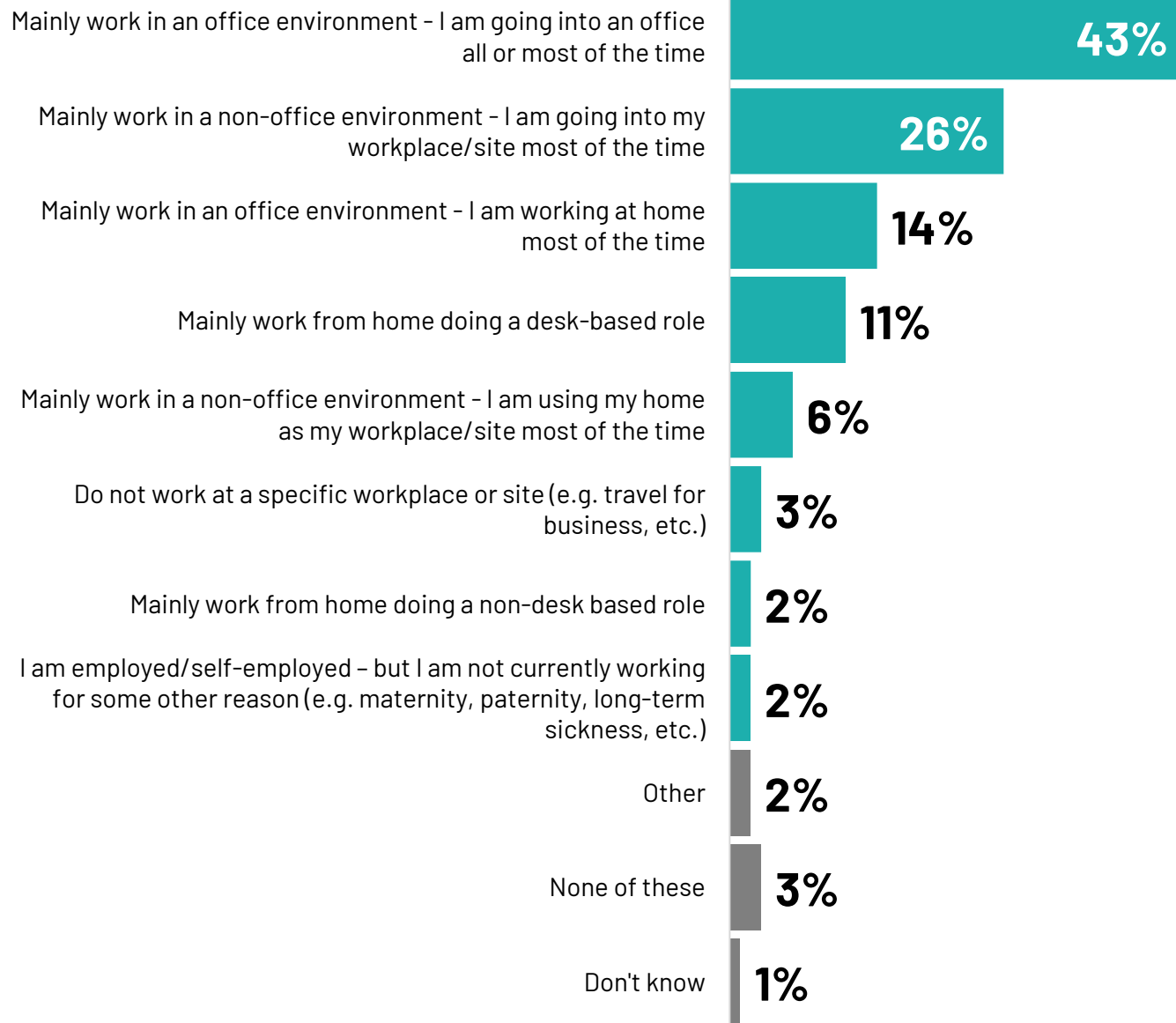
**Base: 556** Online British adults aged 18-75 in GB in employment who don't work 5 or more days a week at employers' location, including (240) 18-34s, (234) 35-54s and (82) 55-75\* 30 September - 1 October 2024. \*Please use caution due to low base.



# Two in five say they go into the office all/most of the time

Thinking about whether your job is mainly office based or not and what your work situation is, which of the following best describes your work situation?

**Base: 1,279** Online British adults aged 18-75 in employment, 30 September - 1 October 2024.





October 2024  
Right to Switch Off

**For more information**

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