

UN Agencies Warn Against Overworking

VOCABULARY WORDS

1. stark /stark/ completely clear
Example: That list is a stark warning to parties that violate norms for the protection of children.
2. premature /ˌpriː.məˈtʊr/ happening or done too soon, especially before the natural or suitable time
Example: Their criticisms seem premature considering that the results aren't yet known.
3. sobering /ˈsoʊ.bə.ɪŋ/ making you feel serious or think about serious matters
Example: Surviving a car accident is a sobering experience.
4. account /əˈkaʊnt/ to think of someone or something in the stated way
Example: She was accounted a genius by all who knew her work.
5. accelerating /əkˈsel.ə.ɪt/ to happen or make something happen sooner or faster:
Example: Inflation is likely to accelerate this year, adding further upward pressure on interest rates.



The World Health Organization (WHO) and International Labour Organization have issued a **stark** warning about the danger of overworking. They said working long hours is causing the **premature** death of hundreds of thousands of people worldwide. The two organizations analyzed the link between loss of life and working long hours. Their findings were **sobering**.

Around three-quarters of a million workers die early after suffering strokes and heart attacks as a result of working over 55 hours a week. Most of these deaths were in people aged 60 to 70 who had worked at least 55 hours between the ages of 45 and 74. The researchers discovered that men **accounted** for 72 percent of the deaths.

The WHO study revealed that people who work at least 55 hours a week have a 42 percent increased risk of stroke, and a 19 percent increased chance of heart disease. Researchers analyzed data from workforces in 154 countries. They looked at data collected from 1970 to 2018.

The WHO Director-General said: "No job is worth the risk of stroke or heart disease. Governments, employers and workers need to work together to agree on limits to protect the health of workers." The WHO said over nine percent of workers overwork. It warned that the situation is worsening, saying: "The pandemic is **accelerating** developments that could feed the trend towards increased working time."

DISCUSSION

1. Should there be a limit on the number of hours people work?
2. Should companies be fined if their workers overwork?
3. What happens to someone's health when they work too hard?
4. Do you think there should be a 4-day week?
5. How has the pandemic affected working conditions?
6. Would it be better for people to work from home?