



*The mission of the California Labor Lab is to extend the pursuit of health and safety for workers in traditional employment to those in a wide range of alternative arrangements in partnership with affected communities.*

## Data Brief #2: Work Quantity in California

Edward Yelin, Trisha Iley, Laura Trupin, Alicia LaFrance, Nari Rhee, Ima Varghese Mac

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The California Work and Health Survey asked adults 18-70 to report whether they worked in week, month, or year prior to interview and if they did work at some point in the past year, how many hours. In this Data Brief, we highlight some of the important findings.

In the State as a whole, 67.0% of adults 18-70 worked in the week prior to interview, 70.8% did so in the prior month, and 80.0% did so in the prior year. Among the 80.0% who did work at some point in the prior year, only 45.2% worked full-time for the full year. 26.0% worked part-time for the entire year. 21.1% worked part-time for only part of the year, and 7.7% worked part-time for the entire year. A significant percentage, 41.8%, exceeded even a high bar for yearly hours, working at least 40 hours a week for all 52 weeks, including paid vacation, or 2080 hours/year or more. Among those working in the week prior to interview, 13.6% held two or more jobs while 3.1% held three or more. For those working two or more jobs, a quarter logged the equivalent of 50-hour weeks for the entire year and 10% logged the equivalent of 60-hour weeks for the year.

How the work is done: Two-thirds of those employed in the week prior to interview reported working a regular day shift, while another 8.5% worked a regular evening or night shift. However, just under a quarter said they worked rotating, split, or variable shifts, the forms previously shown to have adverse effects on health. 6.4% of those employed in the week prior to interview worked only when called in. A majority (51.0%) said they were sometimes required to work overtime, but 59.0% said that they had flexible hours of work. More than 20% of those working in the week prior to interview said they did not have enough time to finish their work, over a third said they had to work very fast without breaks, and just under 40% reported having their work speed monitored by their employer. As a result, just over 20% said they feared losing their job if their work pace was too slow and 14.5% if they took breaks.

The accompanying charts provide data on the proportion working full-time for the entire year and regular vs. rotating, split, or variable shifts in main jobs by demographic characteristics and occupation and industry. Women, Hispanics, those with lower levels of education, persons 18-34 and 55 or over, and those who never married were less likely to work full-time for entire year; those in the professions and financial services, and living in the Bay Area were more likely to do so. There were few differences by demographics, occupations, and industries in the kind of shifts, although regular shifts were less common among older workers and those in leisure and hospitality jobs.

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### **About the Survey**

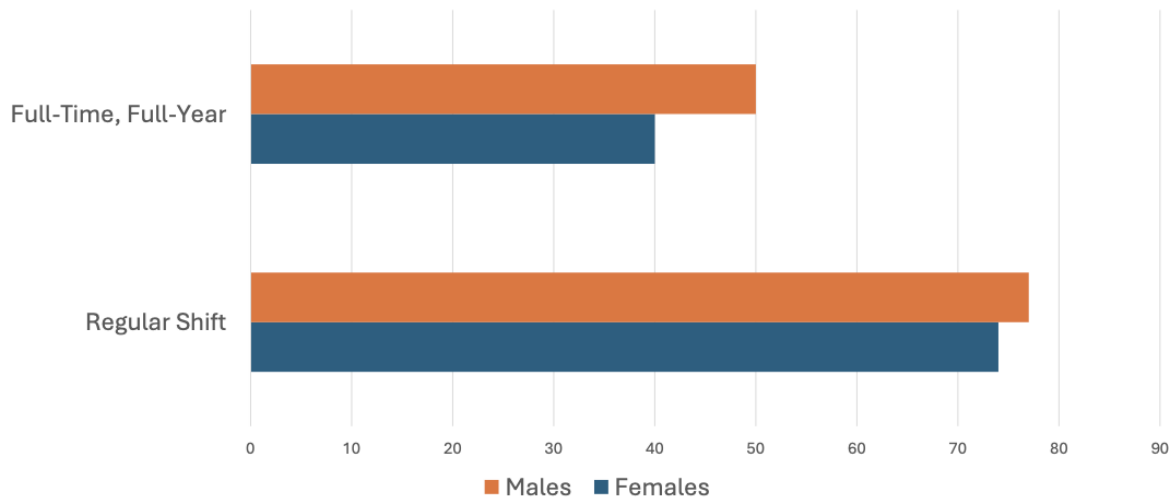
*The California Work and Health Survey (CWHHS) used a random sample of cell phones to develop its study cohort of 4,014 working age Californians. The CWHHS was administered between November 2022 and May 2023 by telephone interviewers or completed on-line at the respondents' choice. Both the telephone-administered and on-line surveys could be completed in English or Spanish. The survey covered current employment status, working conditions among the employed, health status, and economic well-being. The results were weighted to reflect known characteristics of the working age population of California.*

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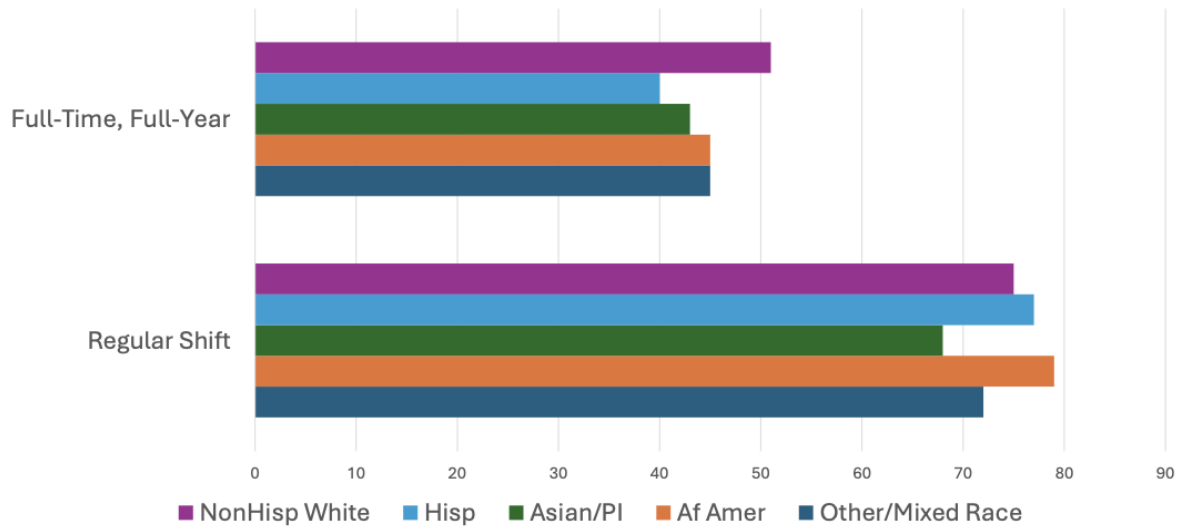
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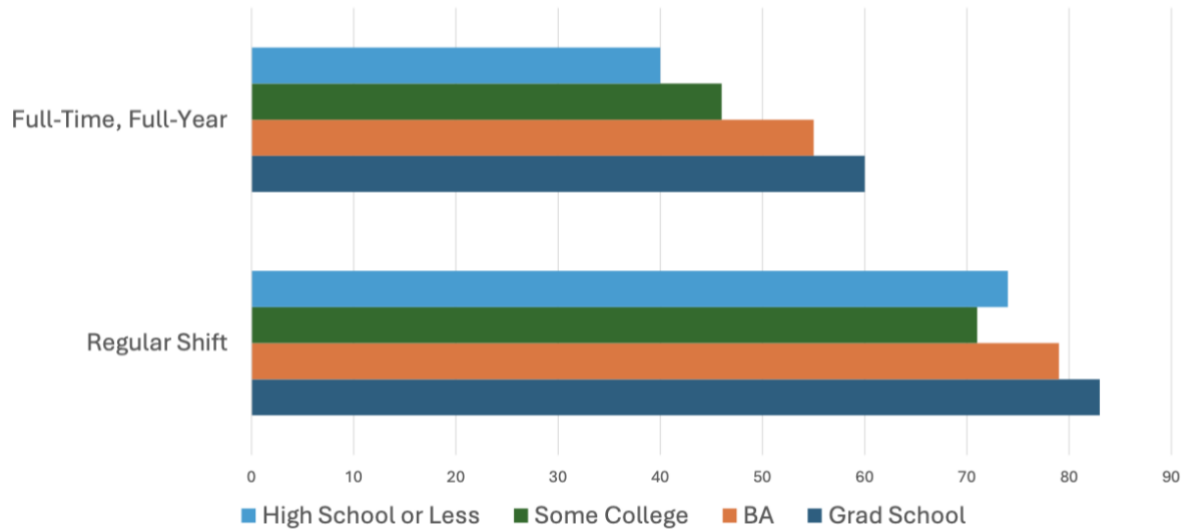
**Full-time Full-Year Employment and Working Regular Shift,  
by Gender (%)**



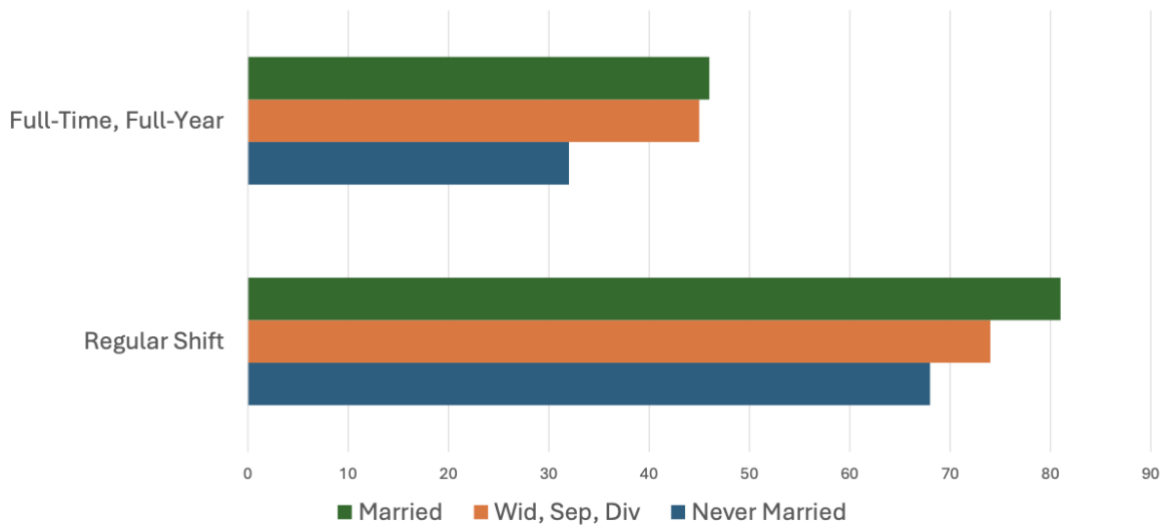
**Full-time Full-Year Employment and Working Regular Shift,  
by Race/Ethnicity (%)**



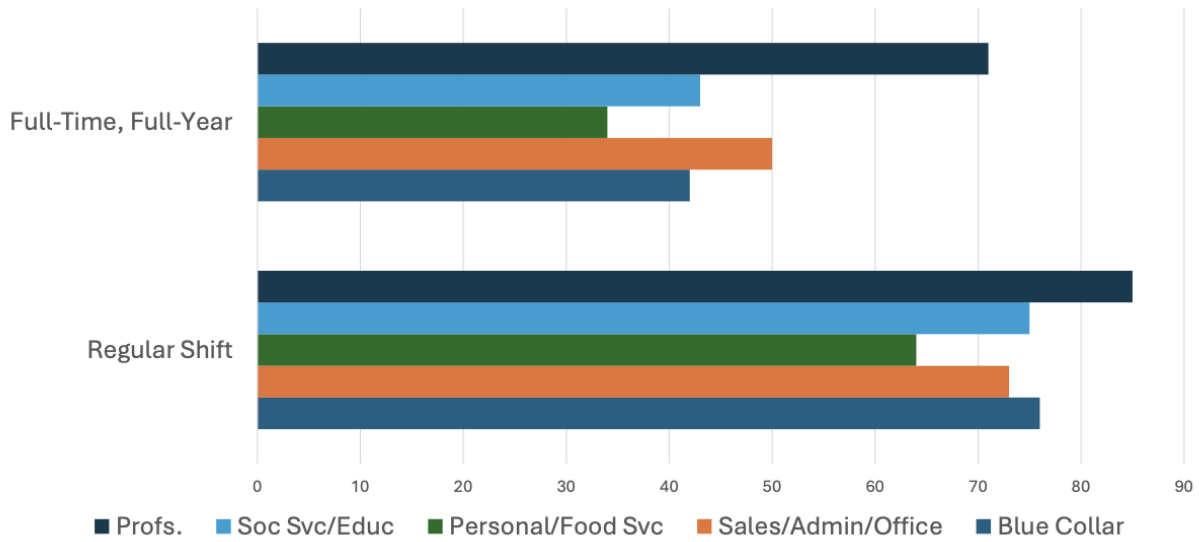
**Full-time Full-Year Employment and Working Regular Shift,  
by Education (%)**



**Full-time Full-Year Employment and Working Regular Shift,  
by Marital Status (%)**



**Full-time Full-Year Employment and Working Regular Shift,  
by Occupation (%)**



**Full-time Full-Year Employment and Working Regular Shift,  
by Industry (%)**

