



AVERAGE BRIT SPENDS A YEAR OFF SICK



The average Brit spends almost a year (360 days) off sick throughout their working life but the majority do not know their sick pay entitlement, according to research.

When asked about their company's sick pay policy, more than half (52%) of workers admitted to being in the dark as to what they would be entitled to.

And almost half (44%) of those who had been off sick admitted that they had returned before they were ready as they were concerned about the financial impact of taking any more time off.

The LV= report also revealed that more than a third (36%) of workers did not get sick pay cover from their employer, meaning that more than 7.8 million workers would only qualify for Statutory Sick Pay of £86.70 per week if they fell ill.

An additional quarter (26%) admitted they did not know how they would manage to make ends meet if they were without their regular income.

And just one in ten had a policy in place that would provide them with a replacement income if they were unable to work.

The survey of full-time workers, revealed stress and depression were two of the most common long-illnesses. Workers said they took an average of two and a half months (81 days) off to recover from these conditions.

LV= said assuming the average UK wage was £26,664, an employee suffering from stress and depression who only received Statutory Sick Pay could lose up to £4,671 in wages if they took the average amount of time off to recover.

Over 650,000 (2.9%) UK workers have been off with stress for more than a year during their career.

In the last three years one in 50 (435,800) workers have been off sick for more than a year, the research added.

LV= said the other most common and costly illnesses by recovery time and cost were bad back, with 57 days of absence, equal to an average loss in wages of £4,671.

Next employees took an average of 18 days to recover from severe migraines, equal to a financial loss of £849. Ear infections also cost employees £545 in 13 recovery days. Finally employees took around 10 days to recuperate from flu, costing £363.

LV= head of protection Mark Jones said: "Often when we talk about workplace absence we look at the cost to businesses, however we wanted to highlight the impact that being off sick can have on an individual's finances and lifestyle. The fact that one in three would only receive Statutory Sick Pay indicates that many would be out of pocket and struggling financially, especially if they were off work for a long period of time."

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