



Industry survey results - individuals

Each year Ben conducts a UK wide survey to find out about the health & wellbeing of people who work or have worked in the automotive industry. This helps us understand the challenges people are facing and what issues are affecting them. We then use this to develop services to support automotive people. Here are the highlights from our 2018/19 survey:




91% of automotive industry employees have been affected by a health & wellbeing issue in the last year.

Sleep

Poor sleep was the most common issue that affected employees' health & wellbeing in the last 12 months.

Lack of good sleep affects people's mood, performance levels and concentration. This can lead to higher risks of accident or injury.

 [Improve your sleep](#)



57%

Stressed at work

48%

Stressed at home


35%

Stressed at work and home

Stress

Over half of employees said that Stress at work impacted their health and wellbeing.

A third said they were stressed both at home and at work.

 [Find out more about stress and pressure](#)

Anxiety has affected almost half of employees working in the automotive industry.



Anxiety has had the biggest impact on people's health & wellbeing, more than any other issue

[Learn more about anxiety](#)

49%

26%

Debt

Over a quarter of people said they had struggled with debt the last 12 months. Debt particularly affects those working in the sales and aftermarket sectors.

[If you're in debt click here](#)

Bullying

10% of automotive industry employees said that workplace bullying had personally affected them in the last year.

[Get advice on workplace bullying](#)

10%

52%

Brexit

52% of people are worried about the impact of Brexit on the automotive industry. This was much higher in the manufacturing sector (74%).

Technology changes

40% of people are worried about the move away from combustion engines to electric vehicles, particularly workers aged 45-54 years old.

32%

16 - 24

33%

25 - 34

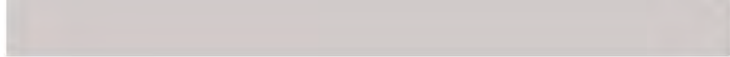
35%

35 - 44

49%

45 - 54

42%



55 - 64

Exit

