

The pros and cons of working overtime

Employees

Employers

Pros



Additional pay



Short-term cost savings



Career enhancement



Improved scheduling flexibility

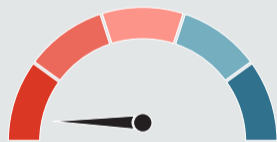
Cons



Burnout



Decreased employee engagement



Decreased productivity



Long-term increased costs and risk



Limited work-life balance

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