

Mobile Phone Use at Work

Mobile phones are as integral to how we work today as the laptop was 20 years ago. But just what impact have they had in how work gets done? We surveyed 1,500 workers across the US and asked about their mobile phone usage and here's what we learned:

Overview

61%

of workers today are going BYOD, using their personal phones



Juggling personal and work demands during the workday leaves

89%

of workers attempting to block distractions by putting their phone on silent mode whenever they are in meetings or trying to get things done

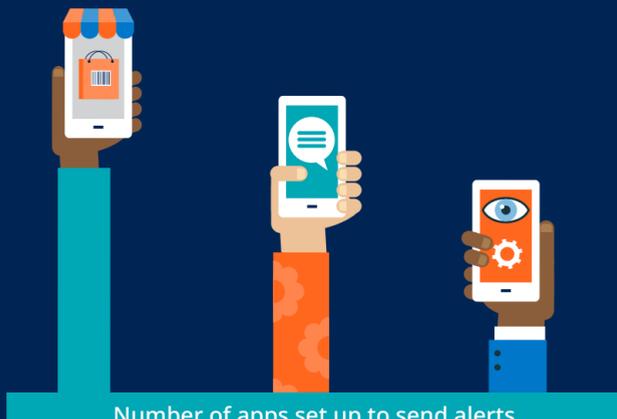
33%

even keep it on silent all the time due to company policy



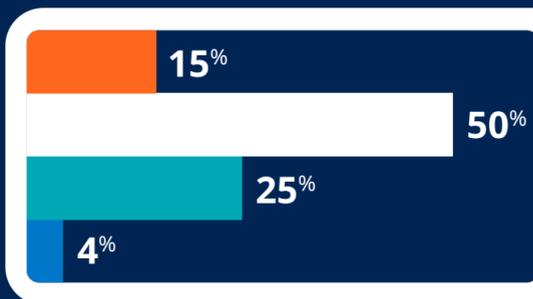
Challenges

The challenge to keep distractions at bay is exacerbated when **more than 80%** of workers have some level of automated alerts set up on their phones to send notifications throughout the day



And the need to respond to these alerts in a timely way adds to the distraction:

- Right away
- Finish what they were doing
- Wait for a break
- Wait until the end of the day



How quickly workers respond to alerts

Results

The result of which is some interesting, non-productive or even unsafe behavior by workers throughout the workday:



24%

have hidden their phone while in a meeting just so they can continue to check messages or text with a coworker

18%

have embarrassed themselves by tripping or bumping into something or someone while looking at their phone



57%

have taken work-related calls while driving to or from work



57%

have lingered in their car, in the restroom or on break just to finish reading or watching something on their phone before going back to work