

Comparing the Cost of Temp Labor vs Overtime and Burnout

Cost-Efficient Productivity

As businesses strive to meet growing demands, many turn to overtime as a quick fix. But while it may seem cost-effective in the short term, relying heavily on overtime can lead to employee burnout, reduced productivity, and long-term financial strain. Temporary labor offers a smarter, more sustainable alternative.

Key Insights

- **Overtime has hidden costs:** Leads to burnout, lower productivity, and higher turnover.
- **Temporary staffing saves money:** Avoids overtime premiums and offers predictable costs.
- **Flexibility and speed:** Pre-vetted temps reduce burnout and scale operations efficiently.



Building Stronger Teams, Delivering Results.

The Hidden Costs of Overtime

Overtime pay typically comes at 1.5x the regular rate, but the real cost goes beyond wages. Fatigue, disengagement, and increased error rates often follow

prolonged overtime, leading to:

- Lower productivity
- Higher turnover
- Increased safety risks
- Declining morale

Temporary Labor is a Scalable Solution

Temporary staffing provides access to qualified workers without overburdening your core team. Agencies supply job-ready talent for peak periods, special projects, or unexpected absences keeping operations smooth and morale high.

Key Benefits:

- Predictable costs with no overtime premiums
- Reduced burnout among full-time staff
- Faster onboarding with pre-vetted candidates
- Flexibility to scale up or down as needed


The Bottom Line


While overtime may seem convenient, it often comes at the expense of long-term productivity and employee well-being. Temporary labor offers a cost-efficient way to meet demand, protect your workforce, and maintain performance.

Partner with Interstate Staffing and Improve Your Productivity

Looking to reduce burnout and boost productivity? Let's explore how temporary staffing can support your team without stretching your budget.

Reach out today to learn more.

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