

**Question for written answer E-002972/2019  
to the Commission**  
Rule 138  
**Alex Agius Saliba (S&D)**

Subject: The right to disconnect

While digitalisation and new technologies bring multiple benefits to workers and employers, at the same time they also lead to excessive stress and anxiety about work during people's time off. New communication technologies and the flexible organisation of working time can often lead to longer working hours, and an overlap between work and private life and personal time. If employees are expected to be available 24/7, this can lead to greater stress not only for the employees themselves, but also for their families.

How is the Commission going to address the increase in health and safety risks attributable to new technologies and patterns of work?

Is the Commission looking into the health and safety risks created by these new technologies, in particular their negative consequences such as stress and depression?

What steps is the Commission going to take to establish 'the right to digitally disconnect' in order to create the much-needed boundary between work, home and private life, and provide the quality of work-life balance employees deserve and need?