

Testimony Supporting HB0181

House Economic Matters Committee

February 14, 2023

Position: SUPPORT

As an employee working in the state of Maryland, I am writing to express my support for the Four-Day Workweek Act of 2023, HB0181, sponsored by Delegate Stewart, which will establish a Four-Day Workweek Pilot Program in the Maryland Department of Labor.

Studies have shown that when a company introduces a four-day workweek, employees report less burn out, less fatigue and better physical health. On the other side, companies saw an increase in revenue and productivity. The combined benefits for both employer and employee, demonstrates why companies should start testing out a four-day workweek. This bill will incentivize companies to do just that by offering tax credits. The other important aspect of this bill is that it will require data be collected and submitted by participants, which will ensure that we see the benefits from a program like this, but also see where there are holes. Finding where the plan may be failing will allow the issues to be fixed and eventually draw in more employers.

The pandemic showed us all that a better work/life balance is a necessity and transitioning over time to a four-day workweek will significantly help with that balance.

For all these reasons and many more, please support the Four-Day Workweek Act. Thank you.

Sincerely,

Virginia Smith
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