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Super Hangover

On Monday, the work world will buzz with talk about the commercials and the big plays during Sunday's Super Bowl. But some workers who got too buzzed the night before will drag down productivity.

Almost one in 10 workers showed up on the job with a hangover at some point in the previous year, according to a University of Buffalo survey of 2,805 adults.

Working with a hangover was more common than drinking during the workday (reported by 7 percent) or drinking within two hours of start time (2 percent).

Most workers who reported having clocked in while hung over said they did so less than once a month.

Bill Daly, co-owner of Crooked Beat Records, a District record store, said he recalls just one time when an employee showed up hung over. He talked to the guy and told him he had to be more alert on the job. Daly thinks some other record store owners send hung-over staff home or even fire them.

So if you're spending Sunday night in beer-bashin' football fellowship, think ahead about how you'll handle the boss.

-- Vickie Elmer

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