

Best and Worst Professions for Your Skin Study Results

Overall Ranking

	Overall skin stress score (high is bad, low is good)	Skin stress index score	My job makes me feel stressed every day (%) Rank	I often work late (%) Rank	I don't take a lunch break (%) Rank	I eat unhealthy food at work (%) Rank	My job makes me tired (%) Rank	Working hours Rank	In front of a screen (hours) Rank	In the summer, being outside in the sun/hot temperatures (hours) Rank	In the winter, being outside in cold temperatures (hours) Rank	Commuting (hours) Rank	On the phone (hours) Rank	Outside (hours) Rank	Being inside without any natural light (windows) (hours) Rank	Sitting down (hours) Rank	Being inside (with windows) and under artificial lighting (hours) Rank	Wearing a mask (hours) Rank	Working at night (hours) Rank	Working around aircon (hours) Rank																				
Sport and leisure	60	34.19	0.08	1	12.24	1	20.41	5	22.45	2	40.82	6	5.73	1	4.22	6	3.52	8	2.34	6	2.00	8	2.11	3	2.87	8	3.47	8	4.15	11	6.39	13	2.77	2	1.24	2	2.88	11		
Education	91	38.89	9.09	5	15.45	5	24.24	11	21.52	1	49.39	13	6.21	3	4.02	5	2.88	3	1.73	1	1.41	2	1.83	1	2.13	1	2.50	1	5.47	11	6.39	13	2.77	2	1.24	2	2.88	11		
Law	98	41.88	8.08	3	13.00	2	32.26	13	27.42	9	49.39	12	7.37	11	5.82	11	3.62	2	1.83	3	1.80	3	1.80	3	2.72	6	3.45	6	4.12	4	4.99	2	2.88	5	4.12	4	4.99	2	1.73	3
Health	100	42.74	8.02	2	14.20	4	21.80	10	29.32	7	45.99	9	7.56	12	4.37	7	3.02	4	2.07	4	1.86	5	2.48	6	2.49	3	3.08	3	4.68	7	4.68	4	3.05	6	1.74	4	1.96	3		
Engineering and manufacturing	110	47.01	11.36	8	18.18	7	19.89	4	31.82	11	46.02	10	7.22	10	4.64	8	2.77	1	1.80	2	1.77	4	2.25	4	2.28	2	3.39	2	3.78	2	5.24	6	4.67	12	1.90	5	3.22	12		
Transportation and logistics	112	47.86	10.37	7	13.33	3	21.48	9	29.63	8	37.78	4	7.70	13	3.89	3	3.07	9	2.65	8	1.39	1	2.05	2	3.22	9	2.96	9	4.01	3	4.43	1	3.51	8	2.55	9	2.60	6		
Retail	115	49.15	9.55	4	15.64	6	17.10	1	33.94	12	47.15	11	6.34	4	3.84	4	3.16	5	2.18	5	1.91	7	2.65	7	2.49	4	3.49	4	5.81	13	6.02	12	1.78	1	2.38	8	2.63	7		
General Business (office workers)	136	58.12	11.61	9	18.76	9	19.73	3	29.98	9	39.46	5	6.64	8	5.92	12	3.28	7	2.42	7	2.16	9	2.98	10	2.72	7	3.06	7	3.65	1	4.92	3	3.89	10	2.91	11	2.77	9		
Finance and banking	142	60.68	10.33	6	19.02	10	20.65	6	30.98	10	37.50	3	6.68	9	6.13	13	3.17	6	2.70	9	1.88	8	2.97	9	2.53	5	3.16	5	5.80	12	5.90	10	3.15	7	1.94	6	2.78	10		
Hospitality/tourism	154	65.81	15.96	11	19.25	11	20.58	12	37.09	13	41.78	7	5.93	2	3.69	1	3.81	10	2.73	10	2.74	12	2.86	8	3.31	10	3.72	10	4.73	9	5.62	9	2.85	4	2.00	7	2.70	8		
Energy	161	68.80	20.75	13	20.75	12	20.75	8	22.64	3	33.96	1	6.41	5	5.42	10	3.84	11	4.09	13	3.52	13	3.64	13	4.10	11	4.41	11	4.57	8	5.04	5	3.68	9	2.90	10	2.49	5		
Construction	165	70.51	12.32	10	18.72	8	20.69	7	26.11	4	41.87	8	6.46	7	3.76	2	4.25	12	3.63	12	2.54	11	3.00	12	4.14	13	3.07	13	4.21	6	5.91	11	5.36	13	3.01	12	2.47	4		
Science and pharmaceuticals	174	76.26	19.05	12	21.43	13	19.06	2	28.97	6	35.71	2	8.43	6	4.70	9	4.43	13	2.89	11	2.27	10	2.99	11	4.13	12	3.62	12	6.40	10	5.53	8	4.22	11	3.30	13	3.39	13		
Total points available	254	100.00																																						

The research reveals which professions (from a total of 13 industries) are best and worst for your skin by quantifying which experience 18 skin-stressing factors the most. For example working late, stress and working on front of a computer screen for hours each day.

To rank the professions, a 'skin stress score' was created - the professions were compared against each other for each of the skin-stressing factors and were then allocated a score (from 1 - 13, 1 being the best and 13 being the worst). The scores for each profession were totalled (a total of 254 points) was an offer to create an overall skin stress score - a high score is bad and means that working in that profession could be bad for your skin health. A low score is good and means that profession doesn't expose skin to as many skin-stressing factors.

Additional Lifestyle Factors

	I wear makeup to work	I have stopped wearing makeup as much as I did before the Covid-19 pandemic	I drink 8 glasses of water a day	I exercise at least once a week	I regularly socialise with friends	I prioritise my skincare more than I did before the COVID-19 pandemic
General Business (office workers)	22.24	23.75	32.3	30.17	51.05	44.10
Construction	18.72	21.67	32.51	32.51	51.23	38.42
Retail	25.13	19.69	22.80	23.32	47.41	40.67
Hospitality/tourism	23.94	23.94	26.76	23	41.31	31.92
Health	29.32	25.31	22.22	29.63	46.30	41.05
Engineering and manufacturing	15.34	18.48	30.11	31.25	50.57	42.05
Energy	30.19	26.42	43.4	23.30	35.85	36.80
Science and pharmaceuticals	23.81	26.19	33.33	40.48	42.86	33.33
Education	26.08	20.30	29.09	26.06	51.21	41.82
Transportation and logistics	14.81	15.56	20.74	25.93	49.63	37.78
Sport and leisure	30.61	18.37	18.37	20.61	57.14	61.22
Finance and banking	23.37	25	30.98	35.87	55.98	41.85
Law	25.81	14.52	25.81	17.74	40.32	43.55

Sleep

	Sleeping
Education	6.36
Transportation and logistics	6.31
Finance and banking	6.21
Law	6.2
Engineering and manufacturing	6.12
Sport and leisure	6.12
General Business (office workers)	6.09
Retail	6.01
Health	5.96
Energy	5.72
Construction	5.67
Science and pharmaceuticals	5.6
Hospitality/tourism	5.47