





Cost/Benefit Worksheet

Cost of doing nothing:	Your Company:	Example:
Average Employee Salary		\$ 30,000
÷ Divided by the # of days worked per year (avg. full time 5 days/week)		260
= Daily cost of average employee salary		\$ 115
+ Daily cost of replacement staff		\$ 115
= Cost per employee per sick day		\$ 230
x Average stress leave of absence 6 weeks or 30 work days (x 30)		30
= Cost of one stress leave		\$ 6,900

Cost of Prevention:	Your Company:	Example:
Firm Foundations products/services		\$ 350
+ Time required by company employee (based on the above info, avg. 3 days)		\$ 345
= Cost of Prevention		\$ 695

Calculate the Cost/Benefit Ratio:	Your Company:	Example:
Cost of one stress leave		\$ 6,900
÷ Cost of prevention		\$ 695
= Cost/Benefit Ratio		10:1