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"Small Business: year-end 'sick' absences", Newsday, ft. Keith Gutstein

Small Business: year-end 'sick' absences

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If you've ever suspected an employee of faking a sick day, your instincts could be right.

A recent CareerBuilder survey found that in the past year nearly one third (32 percent) of workers have called in sick when not actually ill, up slightly from last year (30 percent).

One explanation? In the post-recession economy, many companies are asking leaner staffs to do more with less. As a result, employees sometimes "just need a break to recharge their batteries," says Matt Tarpey, a career adviser with Chicago-based CareerBuilder.

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