



CONTACTS:

Steve Sylven
 Monster Worldwide
 (978) 461-8503
Steve.Sylven@monster.com

Deepika Murty
 Monster Worldwide
 (978) 461-8765
Deepika.Murty@monster.com

Monster Employment Index – Sacramento

Market	JAN 10	DEC 09	NOV 09	OCT 09	SEP 09	AUG 09	JUL 09	JUN 09	MAY 09	APR 09	MAR 09	FEB 09	JAN 09
Sacramento	57	59	64	65	64	65	63	65	66	65	63	69	68

By Occupation

Sacramento	2010	2009											
	Jan	Dec	Nov	Oct	Sep	Aug	Jul	Jun	May	Apr	Mar	Feb	Jan
Management	51	57	58	59	58	59	58	58	58	57	58	67	70
Business and Financial Operations	77	78	82	79	75	79	73	75	82	79	76	84	80
Computer and Mathematical	31	34	35	37	36	39	40	37	42	42	54	55	58
Architecture and Engineering	60	61	62	63	63	65	64	62	66	67	67	70	70
Life, Physical, and Social Science	33	35	42	42	39	47	46	50	51	66	50	67	63
Community and Social Services	101	93	104	106	99	107	126	118	111	111	105	120	98
Legal	98	101	105	102	108	106	105	105	103	103	104	107	103
Education, Training, and Library	106	98	112	87	103	103	81	92	89	80	68	87	77
Arts, Design, Entertainment, Sports and Media	72	69	84	92	101	90	77	80	76	72	72	70	73
Healthcare Practitioners and Technical	61	62	66	72	73	76	72	82	80	77	72	79	81
Healthcare Support	36	35	37	31	32	34	36	35	39	36	33	37	38
Protective Service	105	119	118	113	94	101	105	118	100	97	107	95	96
Food Preparation and Serving	52	53	67	71	74	67	78	97	88	77	66	77	68



Building, Grounds Cleaning, Maintenance	55	53	56	57	61	56	55	84	65	66	46	44	67
Sales and Related	58	60	66	68	64	63	62	61	60	60	59	62	61
Office and Administrative Support	54	56	59	58	60	60	57	58	57	57	55	61	61
Construction and Extraction	52	52	56	54	54	54	52	56	56	59	52	58	59
Installation, Maintenance, and Repair	75	75	83	81	80	74	81	84	81	80	74	84	78
Production	47	45	56	53	53	56	52	57	55	59	58	69	63
Transportation and Material Moving	53	52	57	53	51	54	53	55	61	54	47	56	58
Military Specific	85	86	90	88	90	100	102	101	92	97	99	102	98

About the Monster Employment Index

Launched in April 2004 with data collected since October 2003, the Monster Employment Index is a broad and comprehensive monthly analysis of U.S. online job demand conducted by Monster Worldwide, Inc. Based on a real-time review of millions of employer job opportunities culled from a large, representative selection of online career outlets, including Monster, the Monster Employment Index presents a snapshot of employer online recruitment activity nationwide. The Monster Employment Index's underlying data is validated for accuracy by Research America, Inc. – an independent, third-party auditing firm – to ensure that measured online job recruitment activity is within a margin of error of +/- 1.05%. To obtain a full copy of the Monster Employment Index report for January 2010, including all charts and tables, please visit <http://about-monster.com/employment-index>. Data for the month of February 2010 will be released on March 4, 2010.

About Monster Worldwide

Monster Worldwide, Inc. (NYSE: MWW), parent company of Monster, the premier global online employment solution for more than a decade, strives to inspire people to improve their lives. With a local presence in key markets in North America, Europe, and Asia, Monster works for everyone by connecting employers with quality job seekers at all levels and by providing personalized career advice to consumers globally. Through online media sites and services, Monster delivers vast, highly targeted audiences to advertisers. Monster Worldwide is a member of the S&P 500 index. To learn more about Monster's industry-leading products and services, visit www.monster.com. More information about Monster Worldwide is available at <http://about-monster.com/>

Special Note: Safe Harbor Statement Under the Private Securities Litigation Reform Act of 1995: Except for historical information contained herein, the statements made in this release constitute forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. Such forward-looking statements involve certain risks and uncertainties, including statements regarding Monster Worldwide, Inc.'s strategic direction,



prospects and future results. Certain factors, including factors outside of Monster Worldwide's control, may cause actual results to differ materially from those contained in the forward-looking statements, including economic and other conditions in the markets in which Monster Worldwide operates, risks associated with acquisitions, competition, seasonality and the other risks discussed in Monster Worldwide's Form 10-K and other filings made with the Securities and Exchange Commission, which discussions are incorporated in this release by reference.