

monster®

EMPLOYMENT INDEX

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Monster Employment Index – Seattle

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
Seattle	84	89	90	90	91	90	89	89	88	88	88	95	92

By Occupation

Seattle	2010	2009											
	Jan	Dec	Nov	Oct	Sep	Aug	Jul	Jun	May	Apr	Mar	Feb	Jan
Management	71	75	77	74	76	73	75	73	74	76	72	87	86
Business and Financial Operations	85	86	87	86	86	85	83	83	85	85	85	93	85
Computer and Mathematical	71	71	73	70	70	70	70	71	70	69	70	72	76
Architecture and Engineering	76	76	77	75	76	75	78	77	76	78	80	81	82
Life, Physical, and Social Science	121	128	126	117	109	123	102	89	77	94	88	114	103
Community and Social Services	145	159	158	165	185	189	197	181	156	154	177	164	129
Legal	95	90	91	87	88	91	88	93	94	91	93	99	92
Education, Training, and Library	94	104	121	118	135	126	102	105	105	111	115	118	99
Arts, Design, Entertainment, Sports and Media	101	106	111	107	109	102	103	104	98	98	99	101	98
Healthcare Practitioners and Technical	218	237	235	248	251	252	250	240	250	277	269	277	280
Healthcare Support	86	94	87	86	88	93	103	100	110	109	116	130	126
Protective Service	125	140	150	144	142	140	142	146	139	151	184	150	170
Food Preparation and Serving	96	105	111	115	131	119	117	118	117	112	106	109	104



Building, Grounds Cleaning, Maintenance	85	79	88	88	86	84	93	88	94	93	114	118	124
Sales and Related	75	88	85	85	85	85	82	80	79	79	75	79	76
Office and Administrative Support	87	95	97	101	100	100	96	98	84	79	81	89	88
Construction and Extraction	81	82	86	88	88	88	91	91	91	89	91	97	90
Installation, Maintenance, and Repair	100	104	108	115	117	112	112	110	109	106	98	103	97
Production	66	72	75	74	72	91	69	68	61	65	69	79	72
Transportation and Material Moving	89	93	93	89	89	88	90	89	90	81	77	89	87
Military Specific	106	101	106	98	108	115	106	107	106	109	110	113	106

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.