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Climbing the corporate ladder requires the right gear, new research from staffing firm OfficeTeam suggests. The majority of professionals (86 percent) and managers (80 percent) surveyed said clothing choices affect someone's chances of being promoted.

The study also found that workers put thought into their fashion decisions: They spend an average of 11 minutes a day selecting an outfit for the office.

"Dressing professionally establishes credibility and helps others envision you in a role with greater responsibility," said Brandi Britton, a district president for OfficeTeam. "While many organizations have relaxed their dress codes, especially for warmer months, employees shouldn't assume casual attire or the latest fashion trends are OK for the office. It's always a good idea to follow company policies and observe what colleagues in more senior positions typically wear."

View a [slideshow about work attire](#).

Time Well Spent?

Men take longer picking work clothes than women (12 minutes and 9 minutes a day on average, respectively), according to the survey. Employees ages 18 to 34 spend the most time deciding what to wear (13 minutes) compared to those ages 35 to 54 (10 minutes) and 55 and older (7 minutes).

One thing that may make choosing an outfit faster is keeping a separate work wardrobe, like 67 percent of the professionals surveyed said they do.

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Half of executives who spoke with an employee or told someone to leave and change clothes were comfortable doing so. Thirty-five percent felt awkward stepping in, and the other 15 percent didn't want to have the conversation at all.

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