

Time Off

A young worker is entitled to 12 uninterrupted hours in each 24-hour period in which they work. The rest may be interrupted if periods of work are split up over the day or do not last long. A young worker's entitlement to daily rest can be reduced or excluded in exceptional circumstances only. Where this occurs, the young worker should receive compensatory rest within 3 weeks.

Young workers are entitled to two days off each week. This cannot be averaged over a two-week period, and should normally be two consecutive days. If the nature of the job makes it unavoidable, a young worker's weekly time off can be reduced to 36 hours, subject to them receiving compensatory rest.

Further information

- For help with time off, rest breaks and paid leave call ACAS on 08457 474747
- Website: www.dti.gov.uk/er/work_time_regs/

connexions

CENTRAL LONDON