

## Working Time Limits

Young Workers may not ordinarily work more than 8 hours a day or 40 hours a week, although there are certain permitted exceptions (please see Special daily and weekly working time limits).

Working time includes travelling where it is part of the job, working lunches and job-related training. Working time does not include travelling between home and work, lunch breaks, evening classes or day-release courses.

These hours worked cannot be averaged out and there is no opt-out available.

They may work longer hours where this is necessary to either:

- maintain continuity of service or production, or
- respond to a surge in demand for a service or product and provided that
- there is no adult available to perform the task
- the training needs of the young worker are not adversely affected

Young workers who are employed on ships or as part of the armed forces are excluded from the working time limits under the Working Time Regulations.

### Further information

- For help with weekly working time limits call the HSE Infoline on 08701 545500
- Website: [www.dti.gov.uk/er/work\\_time\\_regs/](http://www.dti.gov.uk/er/work_time_regs/)

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