

Working Time Regulations

The Working Time Regulations implement the European Working Time Directive and parts of the Young Workers Directive which relate to the working time of adolescent workers (workers above the minimum school leaving age but below 18). They give rise to wholly new rights and obligations relating to work and rest. The regulations cover:

- A limit on the average working week [Working Time Limits](#)
- Limits on night working hours [Night Work](#)
- Requirements for health assessments for night workers [Night Work](#)
- Minimum daily and weekly rest periods [Time Off](#)
- Rest periods at work and annual leave [Time Off](#)

The Regulations also implement provisions for adolescents that differ to the regulations for adults. For details of regulations covering adult workers go to www.dti.gov.uk/er/work_time_regs/

Further information

- For help with weekly and night working time limits call the HSE Infoline on 08701 545500
- For help with time off, rest breaks and paid leave call ACAS on 08457 474747
- Website: www.dti.gov.uk/er/work_time_regs/