

Don't make a mess of your lunch hour – take a proper break!



WORK YOUR PROPER HOURS DAY
FRI 26 FEB '10



One in five of us are doing an extra seven hours of overtime every week for free.

All those unpaid hours are worth **£5,400 a year**. If you did all your unpaid overtime at the start of the year **you wouldn't get paid until 26 Feb**. The TUC has named this date 'Work Your Proper Hours Day' in your honour!

On this day, take a stand by arriving for work on time, taking a proper lunch break and leaving on time.

If you're a manager, why not thank your staff for all the extra effort they put in at work.

You could even thank them with a drink after work!

There's more info and advice on our website, where you can:

- **find out** your office style by taking our quick quiz
- **learn more** about how to tackle long hours with advice from Professor Cary Cooper.
- **post** a message on our 'Work Your Proper Hours Day' rant blog. We'll post the best stories on the site.

www.workyourproperhoursday.com

WORK YOUR
PROPER
HOURS DAY
FRI 26 FEB '10



on time

I'm leaving

now....

stop me

Don't



All we are
saying

is give
**lunch a
chance**



WORK YOUR
PROPER
HOURS DAY
FRI 26 FEB '10