

Change
your LIFE.
Leave
on TIME.



Too often long hours are taken for granted. That's why the TUC says you should take a stand today. **Why 23 Feb?** Because if you did all your unpaid work at the start of the year, on average it would be the first day you would get paid. So today, arrive at work on time, take a proper lunch break and leave when you are meant to. It is also a

day for your boss to thank you for your extra effort, and perhaps even buy you an after work drink!



**WORK YOUR
PROPER
HOURS DAY**
FRI 23 FEB '07

There's info, tips and fun on our website:

- Diagnose your own long hours problems with our quick quiz, and find out how to fix them.
- Calculate what your unpaid overtime is worth.
- Send eCard invites to your friends.

www.workyourproperhoursday.com

The end of
the work is
nigh...and I'm
leaving on time!

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**WORK YOUR
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Gone for a
proper
lunchbreak!