



FRIDAY

27th
February

is

'WORK YOUR PROPER HOURS'
DAY

Very long hours cause stress and ill health, wreck relationships, and make caring for children more difficult. Nobody wins, as tired, burnt-out staff are bad for productivity.

So mark the 27th by choosing to work just your proper contracted hours.

Take a real lunchbreak - not just a sandwich at your desk - and leave on time!

This is one day in the year for your boss to appreciate your efforts, and for you to appreciate yourself.



TUC

find out more at
www.workSMART.org.uk