

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



**WORK YOUR
PROPER
HOURS DAY
FRI 28 FEB '14**

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

All those unpaid hours are worth **£6,100 a year**. If you did all your unpaid overtime at the start of the year **you wouldn't get paid until 28 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:

www.workyourproperhoursday.com

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Don't
stop me
now....
i'm leaving
on time



All we are
saying
is give
lunch a
chance



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