

**Don't let those
extra unpaid
hours drive you
crazy....**



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



Did you know?

More than five million of us are putting in unpaid overtime - often because we're keen to help our employers get through the recession.

But regularly working long hours can leave you burned out - leading to poor quality work and affecting your life outside the office too.

One in five workers are missing out on **£6,100 a year** by doing an extra eight hours' overtime a week for free.

As a nation we give away over £33bn a year in unpaid overtime.

If you did all your unpaid overtime at the start of the year you wouldn't get paid until Friday 28 February.

The TUC has named this day 'Work Your Proper Hours Day' in your honour!

Find out how to tackle excessive overtime at:

www.workyourproperhoursday.com