



5. Legal help

If you run into problems at work, your union's legal team can make sure you are treated fairly - without you having to worry about paying. Whether the problem is with employment contracts, harassment, redundancy, pensions or discrimination your union will be there to help you.



6. Help with your career

Unions run huge training and education programmes to help our members get the skills they need to get better-paid jobs. And we argue for employers to have better development programmes so that ordinary working people get chances for training and promotion.



7. Good public services for everyone, and a strong British economy

Unions representing nurses, midwives, firefighters, teachers and all other dedicated public servants, campaign for high-quality public services for everyone.

Unions work with employers to maintain a stable and productive workforce. Workers who are involved in decisions about their company have great training opportunities, are fairly rewarded and can help companies survive bad times.

Learn more about trade unions at tuc.org.uk and to find the best one for you, go to tuc.org.uk/join-union



Published by Trades Union Congress, February 2024

WANT A PAY RISE? JOIN A UNION

Unions' effectiveness is based on one core truth: that when a group of workers act and speak together, their employer has to listen. That's why on average, union members earn tens of thousands more than non-union members over their working lives. So, wherever you work, get some colleagues together and join a union to improve your working life. You can find out which is the right one for you at tuc.org.uk/join-union



1. Higher pay, better work benefits

Working people standing together and negotiating with managers as one means that, on average, union members get:

- › higher pay than non-members
- › better sickness and pension benefits
- › more paid holiday
- › the right to more flexible working hours.



2. Being treated with respect at work

Unions argue for working people to be treated with respect. For example, opposing managers downgrading and closing pensions schemes, stopping bosses using intrusive surveillance and preventing new workers being employed on worse terms and conditions.



3. Stopping bullying and discrimination

Unions work to end bullying and harassment at work, pushing managers to make workplaces safer. We stand up against unfair treatment of all kinds, including discrimination against women, lesbian, gay, bi and trans workers, Black and minority ethnic workers and disabled workers.

If there's a strong trade union in your workplace, you're more likely to have a better work/life balance. And women are far less likely to face problems at work while pregnant, on maternity leave or when they return to work.



4. Healthier at work

Every year unions train thousands of workers in health and safety. Unions tackle the causes of ill health at work, not just the symptoms. That means lower accident and injury rates, less stress and better understanding and support for those with mental health problems.

