

## Working Time Regulations Opt Out Form

I, \_\_\_\_\_ agree that I may work for more than an average of 48 hours a week. If I change my mind, I will give my employer three months notice in writing to end this agreement.

Signed.....

Dated.....

### ***Please note:***

#### **The Working Time Regulations 1998**

#### **Adult workers**

Opting out of the average 48 hour work week does not remove your rights to the following:

- 11 consecutive hours' rest in any 24-hour period
- An uninterrupted 20-minute rest break if the working day is longer than six hours
- Uninterrupted 24 hours off in each 7 day period or 48 hours in each 14 day period
- Or 'compensatory rest' if in exceptional circumstances the above rest breaks are not possible
- a limit on the normal working hours of night workers to an average eight hours in any 24-hour period, and an entitlement for night workers to receive regular health assessments

*For full information and exceptions please see [www.acas.org.uk](http://www.acas.org.uk)*