

You have the right to:

- ☂ be safe and well at work and not be made ill or injured by work.
- ✋ stop working and leave the area if you think you are in serious and imminent danger.
- 👤 a rest break of at least 30 minutes after a maximum 4.5 hours work.
- ✈ at least four weeks paid holiday every year.
- 🕒 a limit of 8 hours working time a day and 40 hours a week.
- 🌙 not work at night e.g. between 10pm and 6am.
- 🕒 12 hours' rest between each working day and 2 days' rest per week
- ☑ join a trade union.
- 🚶 be a safety rep where the boss recognises the Union.
- £ If you are a safety rep, paid time off work to represent your fellow workers.
- ⚠ work in places where all the risks to your health and safety are properly controlled.
- 🗣 inform your employer about health and safety issues or concerns.
- ☎ contact HSE or your local authority if you still have health and safety concerns - and not get into trouble for doing so.

Your employer must provide you with free:

- 👉 training to do your job safely.
- 👉 protection for you at work, when necessary, such as clothing, gloves, shoes, boots, ear defenders, eye protection, masks etc.
- 👉 eye tests if you work with VDU's.
- 👉 health checks if there is a danger of ill health because of your work.

Your employer must tell you:

- i* how to do your job safely
- i* about risks facing young workers from current or future work.
- i* about anything else at work that may harm or affect your health and safety.
- i* how to get first-aid treatment.
- i* what to do in an emergency.

You must:

- ➡ take care of your own and others health and safety in what you do or forget to do.
- ➡ co-operate with others and not interfere with anything provided for your health, safety or welfare.