

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



WORK YOUR PROPER HOURS DAY  
FRI 22 FEB '08



## Swap the space bar for the salad bar . . .

Are you one of nearly five million people doing an average of more than seven hours overtime every week for free? All that unpaid overtime is worth **£5,000 a year**. If you did all your unpaid overtime at the start of the year **you wouldn't get paid until 22 Feb**. The TUC have 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:

- **find out** whether you have a long hours problem by taking our quick quiz
- **help us** to find the best and worst bosses across the country for managing long hours
- **post** a message on our 'Work Your Proper Hours' rant blog. We'll publish the best stories on the site.

[www.workyourproperhoursday.com](http://www.workyourproperhoursday.com)

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Today  
**no-one**  
stops me  
from leaving  
on time!



I want some  
**lunch**  
get me  
**out of  
here!**



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