

# Letter to Branches

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General Secretary: Billy Hayes ([www.billyhayes.co.uk](http://www.billyhayes.co.uk))

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Date: 23 February 2010

**To: All Branches**

Dear Colleagues

## **TUC "Work Your Proper Hours Day" (26 Feb 2010)**

The TUC "Work Your Proper Hours Day" is the 26th Feb 2010 and is the day when the TUC calls upon all workers across the UK who do unpaid overtime stop doing so and finishes the unpaid days they do every year, and instead starts earning for themselves. The TUC thinks that the issue needs highlighting and the profile lifting.

Over five million people at work in the UK regularly do unpaid overtime, giving their employers £27.4 billion of free work every year. All UK Trade Unions and the TUC are asking those who work any unpaid hours or overtime (coming in early or going home late and not being paid for that time) to take some time to reflect on how well (or badly) you're balancing your life? This is one day in the year to make the most of your own time. Take a proper lunchbreak and leave work on time to enjoy your Friday evening - You deserve it!

Long hours are not good for us; they cause stress; they're bad for our health; they wreck relationships; they make caring for children or dependents more difficult; and tired, burnt-out staff are bad for business.

People do long hours for a variety of very different reasons, and work life balance expert Professor Cary Cooper has helped us put together a [long hours clinic](#) tool, which is on the TUC Work your Proper Hours Day Website (link below) to give you tailored advice to fit your own situation.

You can also [use the TUC online balance check](#) to diagnose what your workplace's working style is, and then add yourself to our big interactive map to see how you stack up against everyone else. Or just [check the map](#), to see what others have said.

[Downloadable posters](#) are available to print out.

Work Your Proper Hours Day for 2010 will be 26 February, but your own pay day may come earlier or later, depending on the hours you work above your contracted hours. You can use the [online unpaid overtime calculator](#) to find out when you can celebrate paying off your long hours debt.

Free posters

Why not stick up the campaign posters in the workplace to let all members know that Work Your Proper Hours Day is coming? You can download and print one off yourself. [A Pdf copy attached.](#)

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There are also downloadable folding desk cards that you can use on the day to explain to colleagues about the campaign day - why they should have a lunchbreak - and why they should not come in early and should go home on time for a change!

TUC "Work Your Proper Hours Day" Website:

<http://www.worksmart.org.uk/workyourproperhoursday/>

Yours Sincerely

**Dave Joyce**

National Health, Safety & Environment Officer



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