

You have the right to:

- ✓ be safe and well at work and not be made ill or injured by work
- ✓ work in places where all the risks to your health and safety are properly controlled
- ✓ stop working and leave the area if you think you are in serious and imminent danger
- ✓ work no more than 48 hours a week (on average) and have at least 4.6 weeks paid holiday every year
- ✓ at least one day off per week and 11 hours rest between each working day
- ✓ an in-work rest break (during a six hour day)
- ✓ work no longer than eight hours a night (on average) and free health assessments if you are a night worker
- ✓ join a trade union
- ✓ have a union officer support you in a meeting with your boss if you are not getting these rights
- ✓ 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.
- ✓ tell your employer about health and safety issues or concerns - they must consult with you or your rep.
- ✓ 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 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
- ⊕ regular health checks if you work nights
- ⊕ eye tests if you use a computer screen

Your employer must tell you:

- i* how to do your job safely
- i* how to deal with particular risks associated with your work, now or if the job changes
- i* about anything else at work that may harm or affect your health and safety
- i* how to get first-aid treatment
- i* that it is ok to stop work and go to a place of safety if you face serious and imminent danger
- i* what to do in any other 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