

# **Your working time in your hands**

DID YOU KNOW?

- British people work some of the longest hours in Europe
- Fatigue is more likely to affect your work than alcohol or drugs
- Many UK workers do not know that they are legally entitled to limit their working week
- UK workers were owed £23 billion from unpaid overtime in 2005

Have a look at the postcards:

- [New mental card1](#)
- [New mental card2](#)

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## Working Time