

MARCH 2013

UNITE

THE UNION IN AXA UK

Working more hours than you should?
Speak to your local union rep

WORKING FOR NOTHING

Today is National Work Your Proper Hours Day. This is the day when the average person who does unpaid overtime finishes the unpaid days they do every year, and starts earning for themselves. We think that's a day worth noting.

Did you know over five million people at work in the UK regularly do unpaid overtime, giving their employers £29.2 billion of free work in 2011 alone. If you're one of those working for nothing, why not 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 today and leave work on time to enjoy your Friday evening - You deserve it!

We all know 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. In addition tired, burnt-out staff are also 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, to give you tailored advice to fit your own situation.

You can also **use our 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.

Work Your Proper Hours Day is 1 March this year, but your own unpaid day may come earlier or later, depending on the hours you work above your contracted hours. Use the **online unpaid overtime calculator** to find out when you can celebrate paying off your long hours debt!