

What breaks am I entitled to under the working time regulations?

The [Working Time Regulations 1998](#)^[1] state the following provision for rest breaks at work and time off:

Rest breaks at work

A worker is entitled to an uninterrupted break of 20 minutes when daily working time is more than six hours. It should be a break in working time and should not be taken either at the start, or at the end, of a working day.

Daily rest

Under the Working Time Regulations 1998, regulation 10, a worker is entitled to a rest period of 11 consecutive hours rest in each 24 hour period during which he works for his employer.

However, there are a number of special circumstances in which the entitlement to rest periods does not apply, for example, where the activities involve a need for continuity of service or production or where there is a foreseeable surge of activity. Also, if a shift worker changes shift, it may not be possible for them to take their full rest entitlement before starting the new pattern of work. In such a case the entitlement to daily and weekly rest does not apply.

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Weekly rest

An adult worker is also entitled to one day off a week; this can be averaged over 2 weeks.

Young or adolescent workers

If a young worker is required to work more than four and a half-hours at a time, then they are entitled to a break of 30 minutes. A young worker is also entitled to twelve uninterrupted hours in each 24-hour period in which they work. Both these entitlements can only be altered or excluded in exceptional circumstances. Young workers are also entitled to 2 days off each week and this cannot be averaged over 2 weeks.

There is a free guidance produced by the DTI (Department of Trade and Industry), which can provide more information.

Reference

- [DTI: A Guide to Working Time Regulations, URN 03/1068](#)



If you require further advice regarding in work rest breaks and time off, please contact ACAS.

- [ACAS website](#) 

Link URLs in this page

1. Working Time Regulations 1998

<http://www.hse.gov.uk/contact/faqs/workingtimedirective.htm>

2. DTI: A Guide to Working Time Regulations, URN 03/1068

<http://webarchive.nationalarchives.gov.uk/+/berr.gov.uk/whatwedo/employment/employment-legislation/working-time-regs/index.html>

3. ACAS website

<http://www.acas.org.uk/index.aspx?articleid=1461>