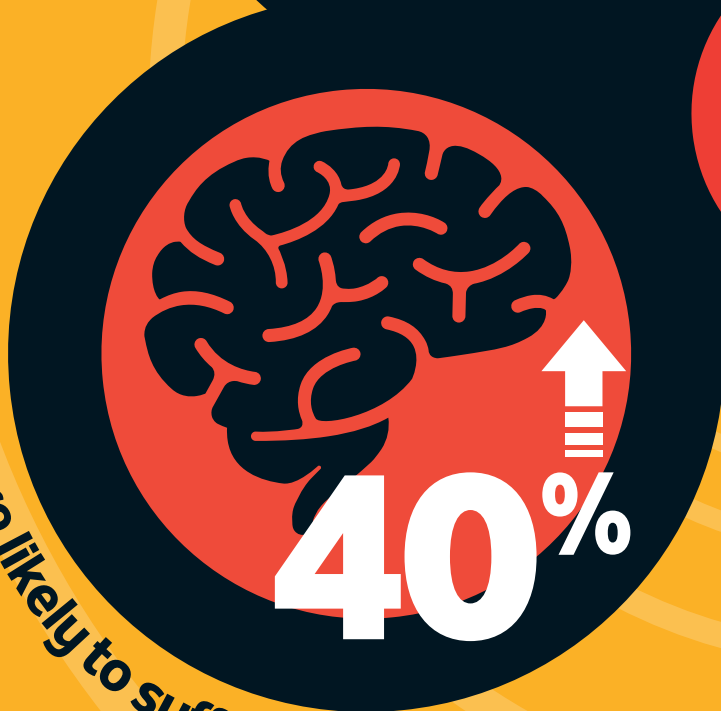


Are you working 55+ hours per week? Did you know...

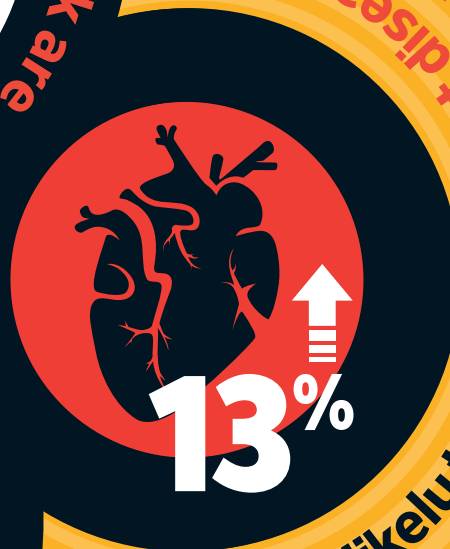


BECTU

a sector of Prospect



...40% more likely to suffer a **stroke**...



...13% more likely to develop **atrial fibrillation**...
and one-third more at risk of **heart disease**

...than those working
between 35 and 40 hours?



#eyeshalfshut

BECTU's long working hours survival guide

Long-hours culture causes real health problems. Tiredness results in accidents. Overwork and the resulting stress can lead to impaired sleep, depression, heavy drinking, diabetes, impaired memory and heart disease. Only up to 3% of the population can sleep five or six hours a night without suffering some performance drop-off. The risk of suffering a stroke and developing heart disease is significantly higher among people who regularly work long hours. **So what can you do?**

Your rights at work

A minimum 11-hour break between shifts.

A rest of at least 20 minutes if you work more than six hours at a stretch.

Paid annual leave.

In addition, HSE regulations state that you can:

- stop work and leave the area if you think you are in danger
- inform an employer about health and safety concerns without fear of recrimination.

Always...

...report injuries when they occur. Certain injuries, diseases and dangerous incidents should be reported online at www.hse.gov.uk

...ensure you have finance insurance cover for those times you can't work due to poor health. Members can choose to consider Income Protection Insurance via PG Mutual. Login to the website and visit the Prospect Plus page at www.bectu.org.uk/prospectplus. From here you can follow a link to the Prospect Plus benefits pages.



How BECTU can help you

BECTU has successfully negotiated the buy-out (unlimited unpaid overtime) away in most UK TV Drama and in Major Motion Pictures. The union's Construction Agreement has cut the standard freelance week from 55 hours to 37.5 hours. The union is growing, campaigning and negotiating to improve working practices in UK film, TV and commercials. Join us! Get involved! www.bectu.org.uk/join

Sign up for a BECTU First Aid course so you can help others if accidents happen.

BECTU's personal injury service provided by Thompsons Solicitors will seek compensation where there is evidence of negligence giving rise to personal injury.

Sign the Eyes Half Shut petition seeking to establish a commission on the counterproductive long-hours culture in the UK film and TV industries at <http://bit.ly/eyes-petition>.

Request an EHS campaign pack via mdavis@bectu.org.uk.

Other organisations where support can be found

TUC WorkSmart website: <https://worksmart.org.uk>

The Film & Television Charity for health, well-being and finance issues. Call **0800 054 0000**.

Samaritans helpline, manned 24 hours a day, 7 days a week including Christmas Day. Call **116 123** (free).

CALM (Campaign Against Living Miserably) men's helpline and web chat, available 5pm to midnight every day. Call **0800 58 58 58**.

NHS Moodzone interactive web pages.



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