

**WORKING TIME REGULATION – 48HOURS OPT OUT AGREEMENT**

You can choose to work more than 48 hours a week on average if you are over 18. This is called ‘opting out’.

I [worker’s name] agree that I may work for more than an average of 48 hours a week.

Please note that you can cancel your opt-out agreement whenever you want but you need to give us a month notice in writing.

A copy will be retained in your personal file.

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| SIGNED |  |
| DATED |  |