

MEDICAL LOCUMS Working Time Regulations Opt Out Form

Agreement to work more than 48 hours per week on average

If you do wish to work more than 48 hours on average, including any jobs you do outside the Trust, you will need to opt of the Working Time Regulations by completing this form.

All GSTT doctors who are registered with the GSTT Staff Bank in order to work additional hours are required to opt out.

This agreement is that:

I do want to be able to work more than 48 hours a week on average, because this is my working pattern with the Trust or because I have other work as well.

While opting out of the WTR, I understand that I must not exceed an average of 56 hours / week over a rota cycle and no more than 72 hours in any 7 day calendar period. I must ensure a minimum of 11 hours rest between shifts.

I understand that I must give the Trust **four weeks' notice** if I cancel this agreement. This will result in me being removed from the GSTT Staff Bank.

I accept responsibility for ensuring that I comply with the working time regulations and the requirements of my contract.

Signed

Date.....

Name (Block Capitals)

Working Time Regulations: Guidance Notes

The Working Time Regulations became law in the UK on 1 October 1998. Their purpose is to protect your health and safety, placing limits on your hours of work and making sure that you have breaks and holidays.

Your general rights under the Working Time Regulations

- not to be required to work more than 48 hours per week on average
- to have a break of at least 20 minutes in your working day if your working day is longer than six hours
- to have at least 11 consecutive hours off between each working day
- to have at least one whole day off every week, or two days a fortnight
- to have at least 5.6 weeks (28 days) paid annual leave, inclusive of public holidays (the entitlement for part time workers is on a pro rata basis).