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STATUTORY INSTRUMENTS

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**1998 No. 1833**

The Working Time Regulations 1998

PART II

RIGHTS AND OBLIGATIONS CONCERNING WORKING TIME

**Daily rest**

**10.**—(1) An adult worker is entitled to a rest period of not less than eleven consecutive hours in each 24-hour period during which he works for his employer.

(2) Subject to paragraph (3), a young worker is entitled to a rest period of not less than twelve consecutive hours in each 24-hour period during which he works for his employer.

(3) The minimum rest period provided for in paragraph (2) may be interrupted in the case of activities involving periods of work that are split up over the day or of short duration.