

INDIVIDUAL AGREEMENT TO VOLUNTARILY OPT OUT OF THE 48 HOUR MAXIMUM WEEKLY WORKING TIME LIMIT

Declaration

I am writing to exercise my right under Article 5 of the Working Time Regulations 1998 to opt out of the hours limits set by it.

This opt out will apply for the duration of my employment with Brighton & Sussex University Hospitals NHS Trust from the date I have signed this letter.

I understand that this does not exempt me from the rest requirements under the Working Time Regulations or the hour's limits and rest requirements of the national terms and conditions of service applicable to my contract of employment. In addition, I understand that you will retain a record of these details.

I understand that the Working Time Regulations service to limit the average number of hours I work each week to 48 hours, measured over a reference period of 17 – 26 weeks (the length of this reference period may be extended by collective agreement with NHS trade unions)*.

*Arrangements for implementation of the WTR in the NHS were set out in HSC 1998/204 and attached GWC agreements. Employers will have local agreement reflecting these arrangements, including details of locally agreed reference periods.

I understand that I retain the right to cancel this agreement at any time, and that there will be no undue pressure for me to undertake additional work.

If I change my mind, I will give Brighton & Sussex University Hospitals NHS Trust one month notice in writing to end this agreement.

Name:	
Signature:	
Date:	
Employer:	Brighton & Sussex University Hospitals NHS Trust - Medical HR