

Workers' Checklist

Your rights as a worker in the UK



Your job

You should have a clear contract. Your employer should help you understand your job and your entitlement to holidays, working hours, and time off.



What, where and how long for

You must know where you are working, what you will be doing, and how long you will be there. You should not have to stay overnight without being told first. You must not be made to sleep on transport.



Money

You must be paid at least the National Minimum Wage. You should only have tax and National Insurance deducted from your pay, unless otherwise agreed with your employer. You must get a payslip. You do not have to pay to work.



No threats or abuse

Nobody should threaten or intimidate you. Nobody should be physically violent. You are free to leave your work. Nobody is allowed to keep your passport.



Accommodation

If provided, your accommodation must be safe and secure. You shouldn't pay too much each week, and you should be free to leave.



Water and rest

You must have access to drinking water, toilets and somewhere to wash your hands. You must have a break after a maximum of 6 hours work.



Safety at work

Your work must feel safe. You should be provided with safety equipment and clothing free of charge. Your employer must agree with the company how to keep you safe.



Transport

Transport should be safe, have first aid kits and seatbelts, and be driven safely by someone qualified.



Training

You must be trained to do your job and be paid for all inductions and training. You should be able to ask for help. Your employer should have agreed with the company about the training you need.



Freedom

You must feel free to work where you choose, free to leave, and free to let someone know if something is wrong with you or another worker.

