

¹Daily and weekly rest period

- (1) An employer must allow an employee—
 - (a) A daily rest period of at least twelve consecutive hours between ending and recommencing work; and
 - (b) A weekly rest period of at least 36 consecutive hours which, unless otherwise agreed, must include Sunday.
- (2) A daily rest period in terms of subsection (1)(a) may, by written agreement, be reduced to 10 hours for an employee—
 - (a) Who lives on the premises at which the workplace is situated; and
 - (b) Whose meal interval lasts for at least three hours.
- (3) Despite subsection (1)(b), an agreement in writing may provide for—
 - (a) A rest period of at least 60 consecutive hours every two weeks; or
 - (b) An employee's weekly rest period to be reduced by up to eight hours in any week if the rest period in the following week is extended equivalently.