

Individual Consent to Opt-Out of the 48-Hour Rule

(Pursuant to Regulation 5 of the Working Time Regulations 1988, SI 1998 No.1833)

I HEREBY AGREE:

1. That Regulation 4(1) of the Working Time Regulations 1988 will not be applied in relation to my working hours.
2. Notwithstanding my agreement to dis-apply this limit, I agree not to work more than an average of 56 hours per week over the applicable reference period or in any way breach my substantive contract of employment.
3. Notwithstanding my agreement to dis-apply this limit, I am fully aware that I have an overriding responsibility not to work hours so long that they may impair my efficiency or expose patients, colleagues, the public or property to risk
4. To provide St Helens and Knowsley NHS Trust with 3 months' written notice of my intention to terminate this opt-out agreement.

Signed: Date:
(Name of Trainee)