

**FORM P**

[See Rule 20(3)]

**Notice of Periods of Work**

Daily periods of work of employees commencing from..... 19 .....

Name of tlw employer of ..... Description of establishment  
.....:.....: Department (if applicable)

Name of the employees	Whether young person or not	Employment to commence	Day Interval for meals and rest	Employment to cease
1	2	3	4	5

Signature of the employer

Dated .....

- Note.-* (1) This notice must be exhibited not later than the closing hour on the Saturday preceding the first week in which it is to take effect and must continue to be exhibited while it is in force, in such a manner that it may be readily seen or read by any person whom it affects.
- (2) The hours to be specified in this notice shall be the hours to be worked exclusively of overtime.
- (3) The entries under the heading "Intervals for meals and rest" shall be the actual hours at which intervals are to begin and end (e.g. 1 **P.M.** to 2 P.M.).

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