

**FORM N**  
**[See rule 20 (3)]**  
**NOTICE OF PERIODS OF WORK**

Daily periods of work of employees commencing from.....20.....

Name of Establishments:

S.No.	Name of the Employees	Time at which employment commences	Time which employment ceases	Intervals for rest and meals	
				From	To
1	2	3	4	5	

Date:

Signature of the employer.

Notes:

(1) This notice must be exhibited not later than the closing hour on 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 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 exclusive of overtime.

(3) The entries under the head 'intervals 'for rest and meals shall be the actual hours at which intervals at which intervals are to begin and end (e.g. 1. P.M.to 2 P.M)