

Workers' rights

Understanding your fundamental rights as an employee

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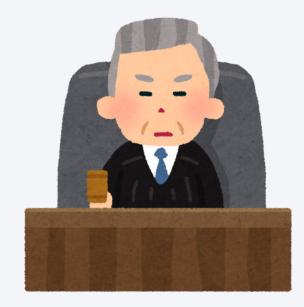
Why Knowing Your Rights Matters

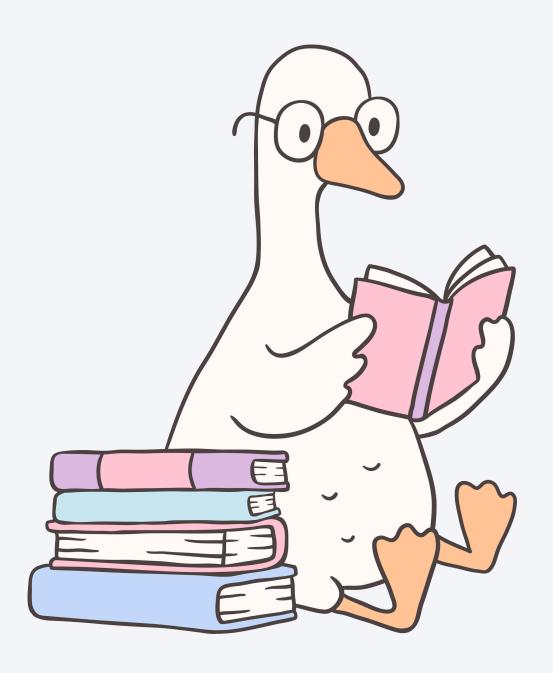
You can't protect what you don't understand.

Knowing your rights means:

- Working with dignity
- Avoiding exploitation
- Building healthy relationships with your employer

Your rights are not privileges. They are legal guarantees.





What Is an Employment Contract?





The employment contract is the foundation of your working relationship.

It should always include:

- Who you work for
- What your job is
- How much and when you are paid
- Your working hours and place
- The type and duration of the contract

Contracts must be written and signed.

Avoid working without one—verbal agreements are risky and offer no protection.



Core Rights You Should Expect



These are **basic rights** that apply in most jobs:



Right to fair pay

- You must be paid what was agreed
- Not less than minimum wage

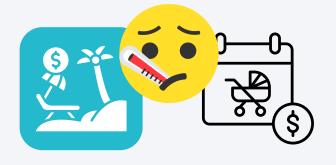


Right to regular breaks and rest

- Daily breaks during shifts
- Weekly rest (usually one full day)

Right to paid leave

Holidays, sick leave,
 and possibly parental leave



Right to safe working conditions

- Employers must ensure health and safety





Right to be respected

- No discrimination, harassment, or verbal abuse

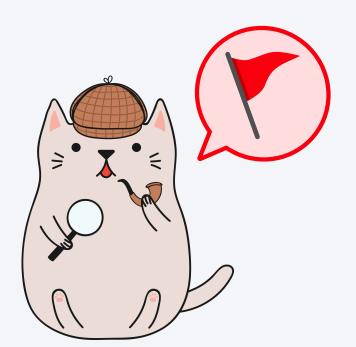


Right to access your contract and payslips

These rights exist regardless of your age, origin, or experience.

Summary: What You Should Always Have

- A written contract
- A clear job description
- Legal working hours
- Regular payment
- Health and safety measures
- Respect in the workplace





If any of these are missing, it's a red flag.