

**Better balance**

**Balance**

UNISON  
*the public service union*

**Twenty eight days annual leave. A twenty minute break if you work six hours. Paid time off for antenatal appointments. Forty eight hours a week. There are regulations in place to make sure you get enough rest. But lots of managers don't follow the rules. Our work-life balance is worse than our parents' was. Workloads and stress have increased in the last ten years.**

One thing you can do to improve this is join a trade union. UNISON gives people doing your job protection and a voice at work. We negotiate with your employer to make them stick to the rules, so you get the time off you're entitled to. We have lawyers and representatives, to protect you against unfair working practices. We campaign to get decent working conditions made law. And because we've got clout, experience and 1.3 million members behind us, it's more likely we'll get something than if you ask on your own.

**Join online at [joinunison.org](http://joinunison.org)  
or call 0800 171 2194**

**Join UNISON – make work better**

