

morning, for young workers under eighteen years of age, with additional limitations for children and young persons below the age of sixteen years to cover a consecutive rest period of at least twelve hours; and to undertake a thorough examination of the cases in which night-work is authorized for young persons over sixteen for continuous processes in prescribed industries in order to limit such exceptions to the indispensable minimum and to eliminate them so far as possible:

- (b) To prohibit night-work in agricultural undertakings by requiring rest periods not shorter than those provided for in the Night Work of Children and Young Persons (Agriculture) Recommendation, 1921; and
- (c) To prohibit night-work in non-industrial occupations in a manner which is adapted to the conditions and takes into account the special risks involved in non-industrial night-work for children and young persons of different age groups.

C. Rest Periods and Holidays

27. In order that all young workers may enjoy daily breaks, weekly rest periods, and annual holidays of sufficient duration to restore the loss of physical and mental energy resulting from continued employment, young persons under eighteen years of age, irrespective of occupation, should be assured—

- (a) Regular breaks during working-hours and a rest period of a fixed minimum length allowing sufficient time for a meal in the middle of the working period;
- (b) A weekly rest period in every week without exception which should, whenever possible, be of thirty-six hours and should in all cases include twenty-four consecutive hours; the rest period should normally include Sunday or the day established by the traditions or customs of the country or district, and the substitution of another day for the weekly rest should be limited to cases in which such substitution is authorized by the competent authority as being in the public interest and should be authorized only on condition that a longer compensatory rest period is granted;
- (c) Annual holidays with pay of a minimum duration of—
 - (i) Twelve working-days per year taken in a single period for all young workers and apprentices under eighteen years of age, in accordance with the principle already established for young workers and apprentices under sixteen years of age in industry and commerce by Article 2 (2) of the Holidays with Pay Convention, 1936, except that the one-year period of service therein referred to need not be continuous; and
 - (ii) Eighteen working-days per year for young workers engaged in particularly unhealthy or exacting occupations.

D. Industrial Safety and Hygiene

28. Without prejudice to the fixing of a higher age of admission for certain occupations especially hazardous to life and health, as provided for in paragraph 19 (8) above, special conditions of employment should be