

Work Hours

	Provincially Regulated	Federally Regulated
Maximum Work Hours:	<p>The maximum number of hours most employees can be required to work in a day is eight hours OR the number of hours in an established workday, if it is longer than eight hours. The only way daily maximum can be exceeded is by an electronic or written agreement between the employee and employer.</p> <p>The maximum number of hours most employees can be required to work in a week is 48 hours. The weekly maximum can be exceeded only if there is an electronic or written agreement between the employee and employer.</p> <p>An agreement between an employee and employer to work additional daily or weekly hours does not relieve an employer from the requirement to pay overtime.</p>	<p>The standard hours of work for a period of two or more weeks cannot exceed an average of 40 hours in a week.</p> <p>The maximum hours for the same period cannot exceed an average of 48 hours in a week.</p> <p>The employer must pay overtime when your hours exceed an average of 40 hours in a week where the schedule consists of 2 or more weeks.</p> <p>If you are a student intern, your employer may establish a modified work schedule with your approval. This schedule can exceed 8 hours per day and 40 hours per week. However, it cannot exceed 40 hours per week.</p>

FOR INTERNATIONAL STUDENTS: International Students are typically only allowed to work up to 24 hours per week, if they work off-campus. On-campus employment has no maximum hours and can be worked in addition to off-campus employment. During scheduled breaks (must be a full-time student both before and after the break), you can work an unlimited number of hours; though employers still must follow all provincial laws on overtime pay and time between shifts. International students should always confirm working hours are legal by checking the conditions of their study permit. Information about working as an international student can be found here: Work off campus as an international student - Canada.ca