

## Ensure your helper gets enough rest

Dear Employer,

Ensuring enough rest for your migrant domestic worker (MDW) will contribute to her physical and mental well-being. If she is well-rested, she can work more safely and productively. While you must provide your MDW with a weekly rest day, do also check in with her regularly and schedule breaks for her between work.

### Adopt these good practices!



01

Communicate regularly with your MDW to check how she is coping.

02

Discuss with your MDW and come to a mutual agreement on her rest periods.

03

Devise a timetable for her domestic chores that includes breaks.

04

Do not assign work and provide your MDW with privacy while she is resting.

05

Encourage her to exercise or pick up a hobby.

### Important reminder

Employers must provide a weekly rest day to their MDWs. Flexibility is given to compensate their MDWs with extra pay if the MDW agrees to work on her rest day.

In end-2022, employers will be required to give MDWs at least one rest day a month that cannot be compensated away. This will allow your MDW to form a network of support outside the household, as well as rest and recharge from work. MOM will share more details in due course.