Form H

[Rule 20 (1)]

Register of employment in a shop or commercial establishment for the week ending 19

[Name of the employee and the establishment	Sex	Age	Days of week					
			Sunday			Monday	Tuesday	Wednesday
			Time at which employment commences	Time at Which Employment ceases	Rest intervals	*	*	*
1	2	3				4		

Form H continued

[Name of the employee and the establishment	Sex	Age	Days of week			Total hours worked during the week	Days on which overtime work is done and extent of such overtime on each day	Extent of overtime worked during the week	Extent of overtime worked previously during the year in accordance with the provisions of rule 9
			Thursday	Friday	Saturday				
1	2	3		4		5	6	7	8