

Country	Legal Maximum Hours per Week (excluding overtime)	Legal maximum hours per day	Overtime Regulations	Mandatory Rest Periods (daily/weekly)
 Austria	40	8 (up to 10-12h with agreements)	Up to 48h max incl. overtime	11h daily; 36h weekend rest
 Belgium	38	9h	Overtime regulated by sector	11h daily; mandatory breaks for >6h shifts
 Bulgaria	40	8h	Overtime highly regulated	12h daily; 48h weekly
 Croatia	40	Varies by industry	Up to 50h/week in some industries	12h daily; 24h weekly (Sunday preferred)
 Czech Republic	40	12	Overtime regulated by sector agreements	11h between shifts; 35h weekly
 France	35	10 (max; 12h with authorized exceptions)	Max 48h/week (avg 44h over 12 weeks)	11h daily; 35h weekly
 Germany	40	8 (max normal); 10h with conditions	Max 48h/week (avg over 6 months)	11h daily; 24h weekly (Sunday rest)
 Italy	40	8 (contractual) ~13h (with overtime)	Max 48h with overtime	11h daily; 24h weekly
 Latvia	40	8	Up to 56h in certain cases	12h daily; 35h weekly
 Spain	40	9	Max 48h with overtime	12h daily; 36h weekly (1.5 days)
 Switzerland	45	14h	Max 50h in certain sectors	11h daily rest
 UK	40	No explicit limit (typically up to 12h)	Up to 48h with opt-out	11h daily; 24h weekly (or 48h fortnightly)
 Canada	40	8 (standard)	Varies by province, but 48h max incl. overtime	8h rest between shifts; 24h weekly rest
 USA	No federal limit	No limit (varies by state/industry)	Overtime pay required after 40h	No federal rest requirement
 Australia	38	7.6	Reasonable overtime allowed	No statutory min. (common 2-day weekend)
 Brazil	44	8	Up to 48h max incl. overtime	1h meal break (>6h); 24h weekly (Sunday preferred)
 Singapore *	44	12 (max, unless approved by Ministry of Manpower)	Overtime allowed only with exceptional circumstances or prior approval	1 mandatory rest day per week
 China	40	8	Up to 44h/week allowed	≥1 rest day per week
 Japan	40	8	Up to 45h/month allowed	45min break >6h; 1 day off/week
 India	48	9	Up to 48h (overtime highly regulated)	30min break/5h; 1 day off/week

*In Singapore, the legal limits on working hours, as outlined under Part IV of the Employment Act, apply only to specific employees — namely, manual workers earning up to SGD 4,500 per month and non-manual workers earning up to SGD 2,600 per month. Employees in managerial, executive, and other exempt categories are not subject to these limitations.