## REST DAYS AND WORK WEEKS EXAMPLES

The following provides four examples by which a worker's daily rate of benefits can be calculated: regular rest days, repeating cycle rest days, irregular rest days, and a 7 day work week.

## Regular Rest Days

Every week a worker works from Monday to Friday, and Saturday and Sunday are the worker's rest days.
$\frac{5 \text { Days Worked }}{7 \text { Days in Schedule }} \times 7=5$ Day Work Week

The worker has a 5 day work week. Where the worker's weekly compensation rate is $\$ 400$, the worker's daily rate is $(400 / 5) \$ 80$.

## Repeating Cycle Rest Days

In a complete work cycle the worker works 3 weeks ( 21 working days) and has 1 week off ( 7 rest days).

## 21 Days Worked in Complete Cycle 28 Days in Complete Cycle

The worker has a 5.25 day work week. Where the worker's weekly compensation rate is $\$ 400$, the worker's daily rate is $(400 / 5.25) \$ 76.19$.

## Irregular Rest Days

The worker's employer draws up a work schedule 1 month in advance. The schedule for the month prior to injury calls for 20 work days in June ( 30 total days) with no specific pattern. From month to month, the worker does not have any repeating or patterned rest days.

## 20 Days Worked During June <br> 30 Days in June

The worker has a 4.67 day work week, which is rounded to 4.50 . Where the worker's weekly compensation rate is $\$ 400$, the workers daily rate is $(400 / 4.50) \$ 88.89$.

## 7 Day Work Week Conversion

The employer is no longer able to supply an ongoing list of rest days, or the worker's rest days are not based on a predetermined schedule.
Therefore, the worker is considered to have a 7 day work week. Where the worker's weekly compensation rate is $\$ 400$, the worker's daily rate is $(400 / 7) \$ 57.14$.

