

Working women say now is the time for a four-day work week

Friday 15 August 2025

Union women in Tasmania are backing the national union movement's push for a four-day work week, as unions prepare to put working hours on the agenda at next week's Economic Reform Roundtable.

Delegates at today's Unions Tasmania Women's Conference will take to the streets to demand big structural change to the way Australians work - including a move toward a four-day work week with no loss of pay.

The Australian Council of Trade Unions (ACTU) announced this week it will bring the call for a shorter work week to the Economic Reform Roundtable, highlighting it as a key issue for national economic reform. Tasmanian unions are urging political and industry leaders to listen and engage directly with workers about how shorter hours can benefit workplaces and communities alike.

"We're advocating for a 4-day week, because all workers are juggling growing demands at work and home, with rising stress and unpaid care" said Unions Tasmania Secretary Jess Munday.

"It's time we reshape work to support health, wellbeing, and productivity for everyone. Shorter working weeks aren't just better for workers' wellbeing - they boost productivity and create stronger, more sustainable workplaces."

"A modern economy needs modern working hours. This is a practical reform that benefits everyone."

As the call for a four-day week gains traction nationally, Tasmanian unions are already putting it into practice - campaigning and negotiating real changes in local workplaces.

The Australian Services Union (ASU) has been at the forefront of this push - securing a 30-hour week at Oxfam Australia in 2023 and recently reaching an agreement with West Coast Council to trial a four-day week during the next enterprise agreement.

Sam Batchelor, Tasmanian Coordinator of the ASU Victoria-Tasmania Branch, said more and more workers - and employers - are seeing the benefits.

"We've already seen what a 30-hour week can deliver. People are less stressed, more engaged, and still delivering the outcomes that matter," Mr Batchelor said.

"The ASU has been proud to lead on this, but we're not alone. This is part of a broader movement of workers demanding a better deal, and a better life."

media release



“Let’s not wait another 40 years to fix the working week. We have the evidence, we have the public support, and we have the momentum. It’s time.”

When: Friday 15 August (today)

Where: Outside ABC studios near the roundabout, Hobart

Time: 12:45pm

For further comment

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