Labour rights are very important for workers and they should apply all over the world.

Labour rights apply to you as a worker. They provide an important focus on the workplace and the conditions you work in.

Since 1948, the International Labour Organisation (ILO) has been continuously developing a number of essential international labour standards.

These standards aim to establish fair conditions of work, such as equality, security and dignity, regardless of your gender.

In 1948, the Universal Declaration of Human Rights was created. This founding document includes many labour rights that are recognized and protected as Human Rights.

This declaration highlights several different worker rights: these include:
- your right to work in a job you choose,
- work for equal pay,
- appropriate hours of rest and leisure, as well as reasonable working hours.

However, labour rights are triggered by you; the worker! These rights apply to you as a worker, not your employer.

Some labour rights are protected international treaties. These protect civil, political, social, cultural and economic rights from being abused.

Most States agreed to respect and promote the core labour standards. These standards concern of four fundamental rights:

- freedom from forced labour
- freedom from child labour
- freedom from discrimination at work
- freedom to form and join a union

The 2006 Maritime Labour Convention highlights seafarers’ rights regarding working conditions. The Convention helps to ensure equal opportunity for crew and shipowners who have been bullied in their occupation in a sustainable condition.

In 2017, shipowners must take new rules under the Maritime Labour Convention. They must have insurance to cover the cost of abandonment of seafarers, as well as claims for death or long-term disability.

In 2007, the ILO introduced changes to the fishing industry. Fishermen are commonly viewed as seafarers. The main objective of these changes is to ensure that fishermen have decent conditions of work on board fishing vessels and to stop any abuse occurring.

Fishing vessels must meet the minimum requirements of suitable working conditions. Every person employed on board any commercial fishing vessel will be protected by the Work in Fishing Convention. Known as ILO 188.

“Labour rights are human rights, and the ability to exercise those rights in the workplace is a prerequisite for workers to enjoy a broad range of other rights, whether economic, social, cultural, political or otherwise.”

Mona NRK – UN Special Rapporteur on the rights to freedom of peaceful assembly and of association, 2016.