What is Statutory Sick Pay (SSP)?

Statutory sick pay is a fixed amount paid by employers to employees who are sick.

If there is a dispute about SSP, the employee can appeal to the Inland Revenue.

Many employers have occupational sick pay schemes that top-up SSP. These are part of the employment contract. If there is a dispute about occupational sick pay the employee may need to take legal action against the employer.

How much do I get?

SSP is £60.20 a week.

If you have a low income, you may also be able to claim income support, housing benefit (if you pay rent) or council tax benefit while you are off sick. Seek further advice about this.

Who can get SSP?

To get SSP you must:

- have average pay, before deductions, of £67.00 or more a week;
- have a contract of employment which has lasted, or is due to last, for more than 3 months;
- have been unable to work because you are sick for at least 4 days;
- be under 65 years old when your sickness began;
- have notified the employer of your sickness;
- not be on strike.

If you fall ill before you actually start work for an employer, you cannot get SSP for this period of sickness, or for any other sickness that starts within 8 weeks of your first day at work.