



## Derecho a la desconexión digital [

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text (article)

Analítica

The expansion of ICT usage and hyperconnectivity in social relations, particularly in the context of labor relations, has brought to light the risks that this phenomenon presents to health, privacy, and the balancing of personal, family, and work life. Despite the fact that the European Union is yet to possess any instrument compelling the guarantee of the right to digital disconnection, our country has been among the pioneers in acknowledging it in a legal text, specifically in the Organic Law on Personal Data Protection and Digital Rights Guarantee of 2018. Nonetheless, despite the progress made in this regard, the legal regulation exhibits certain deficiencies that are apparent in this work. Moreover, the development of the right to digital disconnection in collective bargaining is quite limited, which exacerbates the lack of specificity in its terms, largely leaving it in the hands of the company's management power. This study delves into these issues and furthermore emphasizes the need to update the occupational health and safety law for a more effective treatment of the problem from the perspective of occupational health

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