The 2019 ITUC Global Rights Index depicts the world's worst countries for workers by rating 145 countries on a scale from 1-5+ based on the degree of respect for workers’ rights with 1 being the best rating and 5+ the worst rating.

Violations are recorded each year from April to March. Each country is analysed against a list of 97 indicators derived from ILO conventions and jurisprudence and represents violations of workers’ rights in law and practice.