A rights group in China says about 1,000 workers at a plant in southern China that makes components for electronics giants Apple and IBM went on strike this week.

China Labour Watch said hundreds of police were deployed after staff at the factory in Shenzhen walked out on Tuesday and blocked a highway to protest against long working hours.

The US-based group said staff often work up to 120 hours of overtime a month and suffer a high rate of workplace injuries, mass lay-offs of older workers and frequent verbal abuse by managers.

It said the strike ended after the company promised to reduce the amount of overtime.

The plant employs 3,000 people and is owned by Taiwan’s Jingyuan Computer Group, which supplies components to Apple and IBM.