

Rest Periods (Breaks)

Rest periods or "breaks" must be provided at the rate of 10 consecutive minutes for each four (or major portion thereof) hours worked, and should occur as near as possible to the middle of the work period. Rest breaks may not be combined with or added on to meal breaks, even at the employee's request. Nor may they be used to allow an employee to come in 10 minutes late or leave 10 minutes early. Rest periods are paid as time worked and may be controlled by the employer. An employer may require employees to remain on the premises during the 10-minute rest period.

Ten minute rest periods must be provided as follows for the work hours involved.

Hours of Work	Rest Periods
0 - 3.5	0
3.5 - 6.0	1
6.0 - 10.0	2
10.0 - 14.0	3
14.0 - 18.0	4