

A GUIDE TO YOUR BREAKS & LUNCHES

You have the right to take paid rest breaks and unpaid lunch breaks during the work day. The length of the breaks and lunch periods you're entitled to depend on how many hours you work in a given workday. *(Keep in mind that it doesn't matter how long you were scheduled to work; what matters is how many hours you actually work.)*

Rest Breaks: Your Rights and Your Contract



If you work 4 hours in a day, your contract entitles you to a 10-minute break.



If you work 5 hours in a day with no lunch, your contract entitles you to a 15-minute break.



If you work 8 hours in a day, your contract entitles you to one 10-minute break in the time before your lunch, and one 10-minute break in the time after your lunch.



After you've worked 3 hours, the law and your contract require that you must get a break.

Lunch Breaks: Your Rights and Your Contract



Any employee scheduled for a shift of more than 5 hours has the right to schedule a lunch if they request it. Management also has the right under our contract to require an employee to take a lunch break.



A lunch cannot substitute for breaks any employee who works more than four hours gets their breaks as outlined above, as well as any scheduled lunch.

If you have questions about your rights and contract, speak to a Union Steward/Workplace Leader or call your Union Rep.

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