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Hour Division or directly in court seeking appropriate remedies.

Investigation may file a retaliation complaint with the Wage and

against" because he or she has filed a complaint or cooperated in an

Any employee who is "discharged or in any other manner discriminated

**UNLAWFUL ACTS**

# Break Time for Nursing Mothers

under the Fair Labor Standards Act (FLSA)



**WAGE AND HOUR DIVISION**  
UNITED STATES DEPARTMENT OF LABOR



## Break Time for Nursing Mothers

The Fair Labor Standards Act (FLSA) requires employers to provide **break time and space** for a covered nonexempt nursing mother to express breast milk for her nursing child for one year after her child's birth.

- Employers must allow reasonable **break time** whenever a covered employee needs to express breast milk.

- Employers must provide covered employees with **space** that is:

– functional for expressing milk

– shielded from view

– free from intrusion

– available as needed, **AND**

– **NOT a bathroom.**

Exempt employees may be covered under a state law providing breaks for nursing mothers. If an employer has fewer than 50 employees **AND** can demonstrate that compliance with this law would impose an undue hardship on the employer, that employer does not have to provide nursing breaks.

**Note:** Employers are not required to pay nursing mothers for breaks taken for the purpose of expressing milk. However, where employers already provide paid breaks, the employer must pay an employee who uses those breaks to express milk.

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