



Meal Breaks

- If you are scheduled to work over 6 hours on any given workday, you must take a meal break of at least 30 min by the end of the 5th consecutive work hour.
 - Santa Cruz Staffing is legally obligated to ensure its employees take their daily meal breaks.
- When a work period of six (6) hours or less will complete the day's work, the meal period may be waived.

Rest Breaks

- All employees are entitled to a ten (10) minute rest break whose total daily work time is at least 3.5 hours.
- Rest breaks are offered at the rate of 10 minutes for every 2 hour block of work time.
 - As a general rule, the rest period should be in the middle of a four-hour work period.
- Because employees receive compensation for rest breaks, they can be required to remain on the premises during their rest breaks.

Example of a workday schedule:

8:00 - 10:00	Work/On Duty
10:00 - 10:10	10 min Break
10:10 - 12:00	Work/On Duty
12:00 - 12:30	30 min Meal Break
12:30 - 2:30	Work/On Duty
2:30 - 2:40	10 min Break
2:40 - 4:30	Work/On Duty