

# Volunteers Need Breaks Too!

## Your Time... Your Break

Breaks help us

- 1 Spark creativity
- 2 Make time for friends
- 3 Increase productivity
- 4 Boost your health
- 5 Manage stress
- 6 Avoid burnout

15 minute rest and meal periods are required based on your schedule

Length of Work Period	Number of Rest Breaks Required	Number of Meal Periods Required
2 hours or less	0	0
2 hrs. 1 min to 5 hrs. 59 min	1	0
6 hours	1	1
6 hrs. 1 min to 10 hrs.	2	1
10 hrs. 1 min to 13 hrs. 59 min	3	1

You're entitled to a **15-minute rest period for every 4 hours** of work, and a **45-minute meal period for every 6 hours** of work.