
For more information on how to file a complaint, appropriate remedies.

With the Wage and Hour Division or directly in court seeking an investigation, for instance, may file a retaliation complaint against the employer because he or she has filed a complaint or cooperated in any manner with or discriminated.

UNLAWFUL ACTS

Break Time for Nursing Mothers

Under the Fair Labor Standards Act (FLSA)
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Uses those breaks to express milk, the employer must pay an employee whose already provide paid breaks, the employer must pay an employee who

taken for the purpose of expressing milk. However, where employers

NE: Employers are not required to pay nursing mothers for breaks

nursing breaks.

hardship on the employer, that employer does not have to provide can demonstrate that compliance with this law would impose an undue

for nursing mothers. If an employer has fewer than 50 employees and

Exempt employees may be covered under a State law providing breaks

- NOT a bathroom.
- available as needed, AND
- free from intrusion
- shielded from view
- functional for expressing milk

The space must be:

- express breast milk each time such employee has a need to express milk.
- employers must allow covered employees reasonable break time to

express breast milk for her nursing child for one year after her child’s birth.

Break Time for Nursing Mothers