

CA REQUIRED REST BREAKS



Overview

Employees are granted a 10-minute rest break for every four hours worked.

Restrictions

Rest breaks cannot be combined or added to meal breaks. Also, they cannot be used at the immediate start or end of a shift.

Additional Information

For each workday that we fail to provide an employee a rest break as required, we are required to pay the employee one additional hour of pay at their regular rate.

Total Working Hours	Meal Breaks Earned
0 to 3 hours	0
4 to 7 hours	1
8 to 11 hours	2
12 to 15 hours	3
16 to 19 hours	4
20 to 23 hours	5
24 hours	6