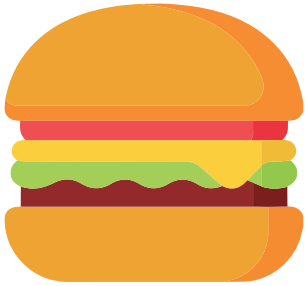
UNITED WORKERS UNION | BIGGER. STRONGER. UNITED.

YOUR CLEANERS UNION

CLEANERS' RIGHTS AT WORK



Meal and Rest Breaks

This fact sheet covers the following areas regarding your rights around meal and rest breaks:

1. Rights of a day worker
2. Rights of a shift worker
3. Overtime
4. Interruptions
5. What to do if you're not getting your break entitlements

1. Rights of a day worker

Unpaid meal break

- You are entitled to an unpaid meal break of at least 30 minutes (and not more than 1 hour).
- You should not be required to work more than 4.5 hours* without a meal break

Paid rest break

- You are entitled to a 10-minute paid morning rest break; and
- You are entitled to a 10-minute paid afternoon rest break

Day Worker (non-shift worker)

2. Rights of a shift worker

If you are being paid a penalty rate, you are entitled to:

Paid meal break

- A paid meal break of not less than 20 minutes.
- The paid meal break should be between 4 – 5 hours into your shift

Paid rest break

- If you are a full-time worker, you are entitled to one further 10 minutes paid rest break

Shift Worker (including weekends and public holidays)

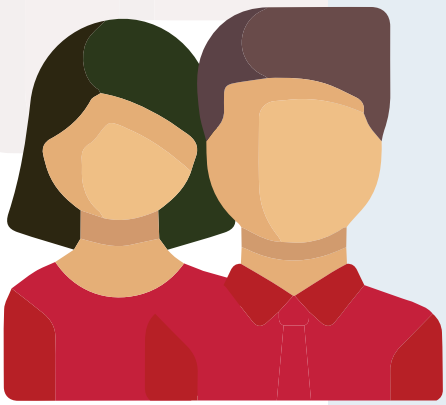
MORE INFORMATION ON THE BACK PAGE

3. Overtime

If you are required to work overtime, you are entitled to a paid meal break after every 4 hours of overtime worked.

4. Interruptions

If your meal break is interrupted and your employer requires that you return to work, you must be paid overtime until you get your meal break.



5. What to do if you're not getting your break entitlements

If you are having trouble taking your breaks, aren't receiving the correct time or pay, or have any other issues concerning your break entitlements, contact your union.

Either speak with you delegate or organiser, or call the United Workers Union Member Contact Line in your state/territory:

ACT & NSW 1800 805 027
QLD 1800 065 885
TAS 1800 625 119
WA 1800 199 890
NT (08) 8924 4700
SA 1800 622 900
VIC 1800 819 087

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