

Right to Breaks or Eating Periods

	Provincially Regulated	Federally Regulated
Breaks/Eating Period:	<p>Employers are required to provide eating periods to employees, but they are not required to provide other types of breaks.</p> <p>An employee must work for more than five hours in a row to get a 30-minute eating period free from work.</p> <p>If the employer and employee agree, the eating period can be split into two eating periods within every five consecutive hours. Together, these must total at least 30 minutes.</p> <p>Meal breaks are unpaid unless the employee's employment contract requires payment. Even if the employer pays for meal breaks, the employee must be free from work for this time to be considered a meal break.</p>	<p>Employees have specific rights to breaks and eating periods under the Canada Labour Code.</p> <p>An employee is entitled to an unpaid break for at least 30 minutes during every period of 5 consecutive hours of work. Your employer must grant this break in 1 period, they cannot split the break. This does not apply to managers and certain professionals.</p> <p>If your employer requires you to remain at their disposal during that break, then you must receive compensation for that period.</p>
Rest Period:	<p>Employees must receive at least 11 consecutive hours off work each day, except in certain jobs with exemptions, like emergencies or specific types of work arrangements.</p>	<p>Employees are entitled to an unpaid rest period of a minimum of 8 consecutive hours between each shift or work period. This does not apply to managers and certain professionals.</p>