

**REST BREAKS AND MEAL PERIODS**  
 Number of rest breaks and meal periods required  
 for work periods of up to 24 hours:

<b>Length of work period</b>	<b>Number of rest breaks required</b>	<b>Number of meal periods required</b>
<b>2 hrs or less</b>	<b>0</b>	<b>0</b>
<b>2 hrs 1 min – 5 hrs 59 min</b>	<b>1</b>	<b>0</b>
<b>6 hrs</b>	<b>1</b>	<b>1</b>
<b>6 hrs 1 min – 10 hrs</b>	<b>2</b>	<b>1</b>
<b>10 hrs 1 min – 13 hrs 59 min</b>	<b>3</b>	<b>1</b>
<b>14 hrs</b>	<b>3</b>	<b>2</b>
<b>14 hrs 1 min – 18 hrs</b>	<b>4</b>	<b>2</b>
<b>18 hrs 1 min – 21 hrs 59 min</b>	<b>5</b>	<b>2</b>
<b>22 hrs</b>	<b>5</b>	<b>3</b>
<b>22 hrs 1 min – 24 hrs</b>	<b>6</b>	<b>3</b>

**ORS 653.261**

Meal Periods:

Under 5 hours and 59 minutes=not required

6-7 hour employees=meal period to be taken between the second and fifth hour of work. This also means that meal periods **MUST** end by the fifth hour worked. **NO EXCEPTIONS.**

7 +hours=meal period to be taken between the third and sixth hour worked. This also means that meal periods **MUST** end by the sixth hour worked. **NO EXCEPTIONS.**

Rest periods :

Need to be 10 minutes in the morning and 10 minutes in the afternoon, or as the schedule dictates (number of breaks for hours worked) above.