



# Are you giving away your breaks?

Sharp is required to give RNs a least a 10-minute break for each four hours worked.

If you work 8 hours, you should get two 10-minute break.  
If you work 12 hours, you should get three 10-minute break.

If you do **NOT** get your break,  
**Sharp owes you one hour of pay for each break you miss.**

Your break should be uninterrupted, and you should not be responsible for patients or answering a page or phone.

If you are not totally relieved of work duty, you did not get your break, and you are owed **1-hour of pay.**

Management is responsible for appropriate scheduling of breaks and for providing relief for break or meal period.

Nurse-to-patient staffing ratios regulations require Sharp to comply with mandated minimum staffing ratios at all times,  
**even when RNs take breaks.**

**YOU WORK HARD  
YOU DESERVE YOUR BREAK**

If you believe there is a problem with your break, contact your UNAC Staff Representative for help.

**United Nurses Association of California representing 24,000 Registered Nurses and Health Care Professionals in Southern California standing up for quality care.**

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