

Can I pump breast milk at work?

Most nursing employees now have **the right to reasonable break time and space to pump at work** for up to one year after their child's birth.

What does my employer need to do?

Employers must provide **covered employees** with **space that is:**

- functional for pumping milk,
- shielded from view,
- free from intrusion,
- available as needed, AND
- **NOT a bathroom.**

Need to file a complaint?

Scan the QR code to learn more.



Are you covered under the PUMP Act?

Thanks to the PUMP Act, more workers have the right to break time and private space to pump breast milk during the workday.

Find out now:

Scan the QR code to learn more.



dol.gov/pump-at-work
1-866-487-9243



Wage and Hour Division
U.S. Department of Labor