

# North Dakota State University

## Policy Manual

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### SECTION 213 REST PERIODS

SOURCE: NDUS Human Resources Policy Manual, Section 18

1. Employees may be allowed a paid rest period of 15 minutes each half day to be arranged by the department head. The work day may not be shortened and lunch periods may not be lengthened by omitting rest periods.
2. Employees who work more than five (5) hours in any one day shall be allowed a minimum of 30 consecutive minutes for one unpaid lunch period.

*For information on lactation rooms, please see [Policy 134.2 NDSU Lactation Policy](#).*

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#### HISTORY:

New	July 1990
Amended	May 1997
Amended	October 2010
Housekeeping	February 14, 2013
Housekeeping	July 1, 2016
Housekeeping	December 29, 2016
Housekeeping	March 29, 2017
Housekeeping	July 25, 2018