

WAC 296-125-0287 What regulations apply to meal and rest breaks for my sixteen-year-old and seventeen-year-old employees? (1) The following regulations apply to **meal periods** for your minors who are **sixteen-years-old and seventeen-years-old:**

(a) They must be allowed meal periods of at least thirty minutes in length.

(b) Their meal periods must start no less than two hours but no more than five hours from the beginning of their work shift.

(c) They must not be required to work more than five consecutive hours without a meal period.

(2) The following regulations apply to **rest periods** for your minors who are **sixteen-years-old and seventeen-years-old:**

(a) They must be allowed a rest period of not less than ten minutes, on your time, for each four hours worked.

(b) Their rest periods must be scheduled as near as possible to the midpoint of the work period.

(c) They must receive a rest period at least every three hours.

[Statutory Authority: RCW 49.12.121. WSR 99-02-041, § 296-125-0287, filed 12/31/98, effective 1/31/99.]