



## Nationwide Investigations and Security, Inc.

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### MANDATORY MEAL/BREAK PERIODS

You are entitled to a 30-minute, unpaid **MANDATORY** meal/break period(s) whenever you work more than four (4) hours in a day. If you work 4 hours or less in a day, you **NEED NOT** take a meal/break period. **Meal/break periods are unpaid time in the middle of your work day.** Below is a chart of MANDATORY meal/break periods for your reference.

<b>SHIFT LENGTH</b>	<b>NO. OF UNPAID MEAL/BREAK PERIODS</b>
0 to 4 hours	No meal/break period allowed
4.5 to 7.75 hours	One (1) meal/break period, NO EXCEPTIONS
8 hours to 15.75 hours	Two (2) meal/break periods, NO EXCEPTIONS
16 hours or more	Four (4) meal/break periods, NO EXCEPTIONS

**Please read the following carefully and sign and date:**

I understand that I am entitled to a meal/break period(s) of one-half hour (30 minutes) if I work more than 4 hours. By signing this form, I understand that I **MUST** take my meal/break periods (reference chart above) if I work more than four (4) hours in a day.

\_\_\_\_\_  
Contractor Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date