



HEALTH & SAFETY

Bulletin n° : 123

July 5, 2006

Flex Meal Does Not Mean “Straight Through”

Members must remember the importance of taking well deserved and fought for breaks. Meal and break times are periods of rest and recovery that the labour movement has forced employers and governments to recognize. Your body requires the time to rest and recover from the work that you have been doing. Your body will eventually suffer from the cumulative effects of work and like anything may wear down in many ways if not cared for.

Who is it benefiting when workers do not take breaks?

Does productivity for the boss increase?

Do workers end up facing the brunt of overburdening and “speed up”? Members are reminded that off site lunch locations are part of your workplace.

➤ LJHSC Roles and Responsibilities

CUPW Local Joint Health and Safety Committee Members are reminded that inspections of off sight meal locations are to be completed at regular intervals.

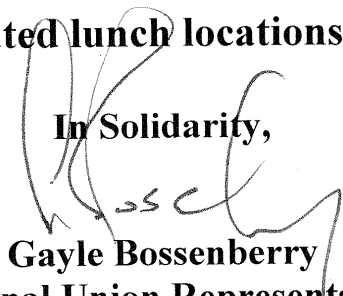
The Canadian Occupational Health and Safety Regulations Part 1X indicate that toilet rooms are to have inside locking devices, toilet paper is to be on a holder or in a dispenser and that a covered container be provided for the disposal of sanitary pads.

The regulations also state that hot water must be provided for personal washing at temperature of not less than 35degrees Celsius and not more than 43 degrees Celsius.

The employer is to also provide powdered or liquid soap or other cleaning agent in a dispenser, sufficient sanitary hand drying facilities and a non-combustible container for the disposal of used towels (if towels are provided).

Please ensure that the designated lunch locations for off site meals are inspected on a regular basis.

In Solidarity,



Gayle Bossenberry

National Union Representative
Health and Safety