

Bathroom Breaks

When You Gotta Go, You have the Right to Go!



Don't hold it in!

You have the right to use the restroom when you need to use it. The law requires employers to provide reasonable access to bathroom facilities. So the next time you have to go on the job, don't hold it in!

Medical studies show the importance of regular urination and that generally, women need to void more often than men.

Restricted access to a bathroom can make you sick!

- "Holding it" can cause increased frequency of urinary tract infections (UTIs), which can lead to more serious infections and, in rare situations, renal damage
- UTIs during pregnancy have been associated with low birth weight babies, who are at risk for additional health problems.
- If you delay going to the restroom, you are more likely to suffer from abdominal pain, constipation, diverticuli, and hemorrhoids.

NUMBER OF TOILETS REQUIRED PER EMPLOYEE

Number of Employees	Minimum Number of Toilets
1 to 15	1
16 to 35	2
36 to 55	3
56 to 80	4
81 to 110	5
111 to 150	6
More than 150	1 additional fixture for each additional 40 employees.