

# Am I covered under the PUMP Act?

Thanks to the PUMP Act, more workers have the right to break time and private space to pump breast milk during the workday. Most nursing employees now have **the right to reasonable break time and space to pump at work** for up to one year after their child's birth.

## What does my employer need to do?

Employers must provide **covered employees** with **space that is:**

- functional for pumping milk,
- shielded from view,
- free from intrusion,
- available as needed, AND
- **NOT a bathroom**

## Scan the QR code

to find out if you're covered



**Wage and Hour Division**  
U.S. Department of Labor

[dol.gov/pump-at-work](https://dol.gov/pump-at-work)  
1-866-487-9243