# Provincial Regulations Regarding Work Breaks

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| **Province** | **Work Break Requirement** |
| **Alberta** | Employees must be provided an unpaid 30-minute break after working for five hours. If an employee is required to stay in the workplace during their break, they must be paid for the break. |
| **British Columbia** | Employees must be provided an unpaid 30-minute break after working for five hours. If an employee is required to stay in the workplace during their break, they must be paid for the break. |
| **Manitoba** | Employees must be provided an unpaid 30-minute break after working for five hours. If an employee works an additional five consecutive hours, they must be provided with a second 30-minute break. |
| **New Brunswick** | Employees must be provided an unpaid 30-minute break after working for five hours. |
| **Newfoundland and Labrador** | Employees must be provided an unpaid 1-hour break after working for five hours. |
| **Nova Scotia** | Employees must be provided an unpaid 30-minute break after working for five hours. Employees who work over 10 hours, must be provided with two unpaid 30-minute breaks, one of which can split into two 15-minutes breaks. |
| **Ontario** | Employees must be provided an unpaid 30-minute break after working for five hours. With the mutual agreement between the company and employee, employees can split the 30-minute break into two 15-minute breaks. |
| **Prince Edward Island** | Employees must be provided an unpaid 30-minute break after working for five hours. |
| **Quebec** | Employees must be provided an unpaid 30-minute break after working for five hours. If an employee is required to stay in the workplace during their break, they must be paid for the break. |
| **Saskatchewan** | Employees must be provided a 30-minute break within every five hours if an employee works six or more hours. |