

**MEAL AND REST PERIOD AGREEMENT  
Overtime Eligible Employees**

**Meal Periods**

In consideration for the ability to work a "straight shift," the employee agrees to waive a meal period as defined in WAC 296-126-092, and may consume food at any time during his/her shift as work duties permit. Furthermore by waiving the meal period, the employee is not entitled to be completely relieved from duties during mealtimes, but will be given a reasonable opportunity to consume food during his/her work shift.

**Rest Periods**

For every four (4) hours worked, the employee will receive a fifteen (15) minute paid rest period. During the rest period, the employee may be called to return to duty as needed by the employer. In this event, the employee may take his/her fifteen (15) minute rest period on an intermittent basis prior to the end of the four (4) hour period in which the rest period occurs, until the combined rest periods equal fifteen (15) minutes.

This agreement is in accordance with Industrial Welfare RCW 49.12 and Department of Labor and Industries WAC 296-126-092.

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Employee signature

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Employer signature

\_\_\_\_\_  
Employee name (printed)

\_\_\_\_\_  
Employer name (printed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

cc: Department File  
Copy to Employee  
Copy to Employer