



YOUR RIGHTS YOUR BREAKS

Your breaks are your right.
Make sure you get them.

Breaks are not optional. You have the right to take your paid and unpaid breaks throughout your work day. Every SDA negotiated Agreement and Award contains the right of workers to take their rest and meal breaks.

Your employer cannot make you work through, or skip your break.

The SDA will help any member to get their work breaks. Speak to your workplace Delegate or call the SDA on **131-SDA** for advice and help in getting your break entitlements.



**READ MORE
ABOUT YOUR
RIGHTS HERE**



**JOIN SDA
TODAY**



SHOP, DISTRIBUTIVE AND ALLIED EMPLOYEES' ASSOCIATION, NSW BRANCH

✉ Write to **PO Box K230**
Haymarket NSW 1240

☎ Phone **131 SDA** that's 131 732)

☎ Fax **(02) 9281 7050**

✉ E-mail **secretary@sdansw.asn.au**

🌐 Log onto **sdansw.org.au**