August 27, 2018

Q: What is the law in Illinois regarding breaks and mealtimes?

A: An employee who is to work 7 1/2 continuous hours or more shall be provided a meal period of at least 20 minutes. The meal period must be given to an employee no later than 5 hours after beginning work. Illinois has no law regarding breaks. For more information, visit the ODRISA page. (820 ILCS 140/3). Also see https://www2.illinois.gov/idol/FAQs/Pages/meals-breaks-faq.aspx for additional Illinois Department of Labor FAQs.