

# BATHROOM BREAKS

UCLA Labor Occupational  
Safety & Health Program  
(LOSH)

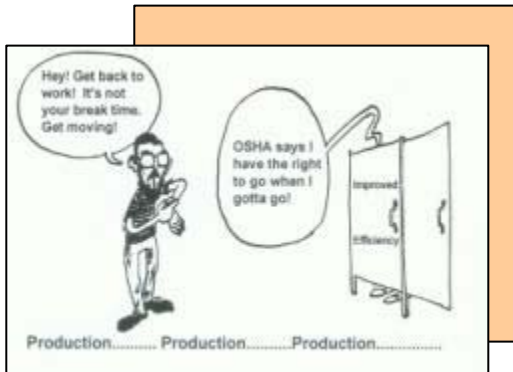


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*When you gotta go,  
You have the right to go!*

## Don't hold it in!

You have the right to use the restroom when you need to use it. OSHA requires employers to provide reasonable access to toilet facilities. So the next time you have to go on the job, don't hold it in!



NUMBER OF TOILETS REQUIRED PER EMPLOYEE*	
NUMBER OF EMPLOYEES	Minimum # of water closets (toilets)
1 to 15	1
16 to 35	2
36 to 55	3
56 to 80	4
81 to 110	5
111 to 150	6
over 150	1 additional fixture for each additional 40 employees

\*Applies to permanent places of employment.  
CFR 1910.141. Employers who do not provide  
toilet facilities may be cited by OSHA.

## Restricted access to a bathroom can make you sick!



Medical studies show the importance of regular urination, with women generally needing to void more frequently than men.



## If you delay going to the restroom, you are at risk:

- Increased number of urinary tract infections that can cause renal damage.
- If you are pregnant and acquire a urinary tract infection, you increase the possibility of a low birth weight for your baby that can lead to additional health problems.
- You are also more likely to experience abdominal pain, constipation, diverticulitis, and hemorrhoids.

