



**Washington State Meal Break Waiver**

I, \_\_\_\_\_, understand that under the Washington state meal and rest break regulation, WAC 296-126-092, I am entitled to a 30-minute unpaid meal break each day. For my own personal reasons and benefit (which may include receiving additional pay, and/or shortening the length of my workday and allowing me to go home earlier each day), I wish to waive my 30-minute unpaid meal break. Accordingly, I request that West Sound Workforce permit me to work without a 30-minute unpaid meal break. My signature below confirms this request to waive my 30-minute unpaid meal break. I am submitting this request for a meal break waiver based on my own voluntary choice and not at the request or insistence of any representative of West Sound Workforce.

I understand that I have the right to rescind this meal break waiver at any time, and that I must do so in writing.

If, at any time, I work through my meal break **at the request of my supervisor**, I will immediately (before turning in my timecard) notify West Sound Workforce **AND** will note it on my timecard. I understand if I don't do this it will be assumed that this signed Meal Break Waiver will apply to that timecard.

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_