

**KNOX COUNTY**

**Rest Break Waiver Form**

I, \_\_\_\_\_, an employee of Knox County, understand that Maine law requires employers to provide employees with the opportunity for a thirty (30) minute unpaid rest break when working six (6) or more hours in a day.

I voluntarily waive my right to this thirty (30) minute unpaid rest break, and understand that this waiver will be in effect until and unless revoked in writing at a later date.

This waiver will not preclude me, however, from taking a thirty (30) minute unpaid rest break, with my supervisor's advance knowledge, if desired.

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date