



## PRESS RELEASE

### Gov. Schwarzenegger Issues Statement on Meals and Rest Breaks for Employees

**G**ov. Schwarzenegger Issues Statement on Meals and Rest Breaks for Employees Following the Fourth District Court of Appeal's decision in *Brinker Restaurant Corporation v. Superior Court of San Diego*, Governor Arnold Schwarzenegger issued the following statement:

"We are pleased that the California Court of Appeal issued today a decision squarely addressing many of the central issues in dispute concerning meal and rest periods. The confusing and conflicting interpretations of the meal and rest period requirements have harmed both employees and employers. Today's decision promotes the public interest by providing employers, employees, the courts and the labor commissioner the clarity and precedent needed to apply meal and rest period requirements consistently."

In today's decision, the court held that **employers must make meal periods available to employees and cannot impede, discourage or dissuade employees from taking meal periods. However, once made available, the employer is not obligated to police the employee's use of that time by ensuring that the employee takes the meal period.**

For more information on the *Brinker* case, please see the firm's next newsletter.

Ms. Koumas is the founder of the law firm Koumas Law Group. She has extensive experience in labor law compliance and employment litigation. Her practice focuses on the defense of employers in administrative claims filed with the Labor Commissioner, the Department of Fair Employment and Housing (DFEH), the Equal Employment Opportunity Commission (EEOC), and the Employment Development (EDD). She also represents the interests of employers and management in litigated matters, which include wage and hour issues, wrongful termination, sexual harassment and discrimination claims. She can be reached at (619) 398-8301 or via email, [ejk@koumaslaw.com](mailto:ejk@koumaslaw.com).