

PUMP ROOM AMENITIES IN THE WORKPLACE



Must Haves | Necessities

- A room with a locking door - free from intrusion from coworkers & public
- Room in use sign
- Table/counter for breast pump & pump parts
- Comfortable chair or rocker
- Access to running water
- Electrical outlet
- Disinfectant wipes
- Clean room

Nice to Have | Extras

- An extra table or one big enough to hold all needed pump & work items
- Stool &/or footrest
- Extension cord &/or additional outlets for laptop, phone, etc.
- Divider if the room is being used by multiple people at once
- Lamp
- Hand sanitizer
- Paper towels &/or tissues
- Temperature control/space heater/blanket
- Hard copy or electronic schedule if multiple people in the office use the space

Going Above & Beyond

- Mini fridge
- Storage lockers
- Medela Symphony or similar multi person use pump
- Stipend for replacement pump parts
- Basket with some amenities - breast pads, storage bags, &/or healthy snacks
- White board/bulletin board so coworkers can leave encouraging notes for other lactating coworkers - promotes support & community!
- Microwave for sterilizing pump parts
- A mirror to check appearance before leaving like no visible spills on clothing
- Pillow for extra back support
- Wifi

5930 South 58th Street, Lincoln, NE 68516 • 402.423.6402 (p)

10818 Elm Street, Omaha, NE 68144 • 402.502.0617 (p)