

Pump Room Amenities in the Workplace

Employers are required to provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.

Must Haves | Necessities

- Clean room
- Electrical outlet
- Room in use sign
- Disinfectant wipes
- Access to running water.
- Comfortable chair or rocker
- Table/counter for breast pump and breast pump parts

Nice to Have | Extras

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

Going Above and Beyond

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

