According to the Fair Labor Standards Act (FLSA)

- Non-exempt staff, including temporary and student employees, must receive pay for all time spent in physical or mental exertion. All time controlled or required by the supervisor and pursued necessarily and primarily for the benefit of the supervisor must be counted as time worked.

- Department heads have the authority and responsibility to establish and change work schedules in order to accomplish the objectives and requirements of the department. Changes in daily and weekly work schedules, regardless of whether the change is permanent or temporary, should be discussed with employees in advance, except in cases of emergency. The normal workweek (starting and ending day and time) cannot be changed to avoid the payment of overtime.

- A “workweek” is defined as a regularly recurring period of 168 hours in the form of seven consecutive 24-hour periods. The University’s defined workweek is Monday through Sunday; it begins at 12:01 a.m. Monday and ends at midnight Sunday.

- When a shift begins before and ends after 12:01 a.m. Monday, the hours worked during that shift are included in the workweek in which the shift begins.

The following are general definitions of “hours worked.” Since every possible situation cannot be included, no inference should be drawn from the fact that a particular illustration is omitted. If doubt arises, inquiries should be directed to HR-Compensation, your Human Resource Business Partner or your regional campus Human Resources department.

1. **Waiting Time**
   Whether waiting time is time worked depends upon the agreement and circumstances of the work being performed and the parties involved.
   
   - **On Duty** – When work assignments are not given by supervisors, employees engage in “waiting time,” such as the deliverer who works a crossword puzzle while awaiting a schedule, or the maintenance worker who waits for the other personnel to unlock doors, are in work status during such periods of inactivity. This time is work time even though the staff member is allowed to leave the work area or perform non-work activities during such periods of inactivity. However, the periods during which this occurs must be unpredictable, of short duration, and of such nature that the employee is unable to use the time effectively for his/her own purposes. In all of these cases, waiting is an integral part of the job.
   
   - **Off Duty** – When a staff member and his/her supervisor have agreed that the staff member is completely relieved from his/her duties (providing the relief time is long enough to enable him/her to use the time effectively for his/her own purposes), the time relieved is not counted as hours worked. The important criteria of each case is whether or not the waiting time is an integral part of the job.
   
   - **On Call** – A staff member who is required to remain “on call” either on the University’s premises or so close thereto that he/she cannot use the time effectively for his/her own purposes is working while “on call” and must be paid at least the federal minimum wage for those “on call” hours. An employee who is “on call” and not confined to his/her home or to any particular place, but may come and go as he/she pleases (provided that he/she leaves word where he/she may be reached) is not considered at work while “on call.”
2. **Rest and Meal Periods**
   - *Rest* – Rest periods or “breaks” of short duration (10 to 15 minutes) twice daily are customarily practiced at the University. They promote the efficiency of the staff member and must be counted as hours worked. However, such rest periods must be taken at the department’s convenience and cannot be used for flextime schedules or to shorten the work schedule.
   - *Meal* – A meal period is a period of time during which the employee (1) performs no duties; and (2) is in non-pay status.
     - In those instances where an employee receives a meal perquisite as a condition of employment he/she is expected to consume the meal in a place specified by the department unless the supervisor has authorized an exception for the convenience of the employee. A period of 30 minutes or more will qualify as a bona fide meal period. If a non-exempt staff employee is granted less than a 30-minute meal period at the convenience of the supervisor or performs assigned duties during a meal period, he/she must be kept in regular pay status for the meal period.

3. **Changing Clothes and Washing Time**
   When a staff member is required, either by law or rules of the employer, or as an integral part of the performance of the individual’s work, to wash up and/or change clothing on the University’s premises before or after working, the time spent changing and/or washing is work time. However, when a staff member washes and/or changes clothing for his/her own convenience, or is not required by law or the employer to do so on the premises, the time spent is not counted as time worked.

4. **Lectures, Meetings, and Training Programs**
   Attendance at lectures, meetings, training programs, and similar activities need not be counted as hours worked if all of the following four criteria are met:
   - Attendance is outside of the employee’s regular working hours;
   - Attendance is, in fact, voluntary;
   - The course, lecture, or meeting is not directly job-related and is not intended to make the employee more efficient in his/her present job; and
   - The employee does not perform any productive work during such attendance

5. **Course Study**
   Time spent by an employee studying courses at home is not compensable under the overtime provisions of the FLSA where the study allowed the employee to advance to a new job classification and there was no requirement to take the course.

6. **Medical Attention**
   For work-related injuries, time spent by a staff member in waiting for and receiving medical attention on the premises, or at the direction of his/her supervisor during the employee’s normal working hours on the days worked, constitutes hours worked.
Hours of Work

7. **Employee Counseling**
   Departments are encouraged to allow employees a reasonable amount of time off duty, with pay, to discuss concerns with pertinent University officials. Examples are:
   - Discussion of future job possibilities, interviewing, job evaluation, personal counseling as part of the Employee Assistance Program, or processing of complaints or grievances with Human Resources
   - Discussion of concerns relating to insurance, retirement, etc. with Human Resources

8. **Sleeping Time**
   An employee who is required to be on duty for less than 24 hours is working even though he/she is permitted to sleep or engage in other personal activities when not busy. An employee required to be on duty for 24 hours or more may agree with the employer to exclude from hours worked bona fide regularly scheduled sleeping periods of not more than eight hours, provided adequate sleeping facilities are furnished by the employer and the employee can usually enjoy an uninterrupted night’s sleep. No reduction is permitted unless at least five hours of sleep is taken.

9. **Travel Time**
   The principles which apply in determining whether time spent in travel is compensable time depends upon the kind of travel involved.
   - **Home to Work**: An employee who travels from home before the regular workday and returns to his/her home at the end of the workday is engaged in ordinary home to work travel, which is not compensable time.
   - **Travel During Workday**: Time spent by an employee in travel as part of their principal activity, such as travel from job site to job site during the workday, is work time and must be counted as hours worked. When a staff member is required to report at a meeting place to receive instructions, perform work there, pick up tools, or a vehicle, the travel time from the meeting place to the work place is part of the day’s work and must be counted as hours worked.
   - **Out of Town (Same Workday)**: An employee who travels out of town for one day must be paid for all hours spent traveling except for bona fide meal periods and any travel time from home to the local rail, bus, plane terminal, or meeting place to join university provided transportation.
   - **Out of Town (Overnight)**: A staff member who travels overnight on business (i.e. more than one day) must be paid for time spent in travel (except for bona fide meal periods) during their normally scheduled working hours on regular workdays as well as non-workdays (i.e. holidays, Saturday, Sunday). Travel time as a passenger on an airplane, train, boat, bus or automobile outside of regular working hours is not considered work time unless the staff member performs work-related tasks (i.e. checking email, responding to phone calls, etc.). However, if an employee travels by driving a vehicle, the travel time is considered work time, regardless of whether it occurs during working hours or outside of working hours.

10. **Compensatory Time – NOT ALLOWED**
    The use of compensatory time off for time worked is not allowed for non-exempt staff members. Compensatory time is defined as the practice of providing time off at a later date for overtime worked within a specific workweek.