2101 Commonwealth Blvd, Suite B
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www.med.umich.edu/facilities/plan/

5.8.1: MM LACTATION ROOMS

General

In general, follow the guidelines below when planning buildings and renovations. Unless specifically indicated otherwise, these guidelines are not intended to restrict or replace professional judgment.

The US Department of Labor requires employers to provide a break time and space for a nursing mother to express breast milk for her nursing child for one year after her child's birth. This design guideline will cover the space provided for these employees.

During the programming phase for each new building or major renovation project, perform an assessment of the necessity of providing personal rooms for lactation, health needs and other special personal uses requiring privacy.

Lactation Rooms:

Consider the following:

- Projected staff, faculty, and student needs.
- Proximity and suitability of existing accommodations in adjacent buildings.

Lactation spaces should be provided within reasonable walking distance for all employees, ideally within a five minute walk. Where multiple lactation spaces are provided, they should be consolidated and centralized, perhaps multiple lactation spaces within a room, subdivided into separate areas by locking partitions or curtains.

In considering the quantity of lactation spaces, consider the room will be used for approximately 30 minutes. Ideally, for every 100 female employees, one lactation space would be provided.

Minimum Standards for Lactation Rooms

Lactation rooms shall meet the following minimum standards:

- If a single occupancy lactation room is provided, provide a door which can be locked from the inside and includes an occupancy indicator.
- Multiple occupancy rooms should have a combination push button lock or card reader access at the entrance to the room.
- If a room contains windows, provide blinds, shades or other accommodations to prohibit views into the room.
- Provide easily accessible electrical outlets in each lactation space at table height.
- Acceptable environmental requirements (heating, cooling, lighting, etc.) equivalent to what is provided in other occupied areas of the building. Ensure the thermostat is accessible, if present.
- Size each space to accommodate at least a comfortable chair and table, coat hooks and/or shelf for personal belongings, a waste container, a mirror, and an institutional breast pump (whether provided by project or not.) Additionally, provide a separate work surface accessible from the chair, folding if necessary.
- Access to a clean sink.
- A room sign which includes the name of the room and contact information for access and scheduling.
- Provide hard cleanable flooring and acoustical ceilings. Room walls to be acoustically insulated and/or extend to the structure above.

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Optional:

- Additional electrical outlets and space to accommodate a small refrigerator and a microwave for sterilizing equipment
- A house telephone in the room and WIFI.
- Indirect or dimmable lighting.