




Breastfeeding at work

Checklist for breastfeeding room in workplaces

The company must provide a suitable room. (Art. 34 ARGV3)

<input type="checkbox"/>	Room	Quiet, clean room with privacy, lockable, sight- and sound insulation, electricity	As breastfeeding room often, an already existing room can be adapted, for example a rarely used first aid room. Also, a multiple use is possible
<input type="checkbox"/>	Marking	 International pictogram	The sticker can be ordered free of charge by mail to contact@stillfoerderung.ch .
<input type="checkbox"/>	Reservation	Possibility to book the breastfeeding room like a meeting room	Possibly set up a time management system (Outlook/IBM Notes etc.)
<input type="checkbox"/>	Show busy	«do not disturb»-sign or «busy/free»-slider	
<input type="checkbox"/>	Chair or couch	Comfortable chair or couch with an armrest, a relaxed position is important	Comfort may be increased with nursing pillows, dimmable lamp etc.
<input type="checkbox"/>	Storage space	Storage space for electric pump and associated paraphernalia	
<input type="checkbox"/>	Sink	To wash hands	Wash basin with shelf and soap dispensers, clean towels
<input type="checkbox"/>	Washing facilities	For rinsing and washing parts of the pump	Those parts of the pump that come into contact with the milk must be rinsed with cold water, then washed and dried. Maybe in the kitchen or similar area.
<input type="checkbox"/>	Refrigerator	Small refrigerator in which the expressed breast milk can be stored	Must not be in the same room.
<input type="checkbox"/>	Opportunity for diaper change	Wall mounted fold-out changing table or the like, with cushion	Baby's diapers are normally changed after breastfeeding. Can also be outside of the room, ideally close by

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