





Breastfeeding at work

Checklist for breastfeeding room in workplaces

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

<input type="checkbox"/>	Room	Quiet, clean room with privacy, sight- and sound insulation	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	 To order the sticker: Stillfoerderung.ch/shop
<input type="checkbox"/>	Reservation	Possibility to book the breastfeeding room	
<input type="checkbox"/>	Show busy	«do not disturb»-sign or «busy/free»-slider	 To order sign: stillfoerderung.ch/shop
<input type="checkbox"/>	Chair	Comfortable chair with an armrest, a relaxed position is important	A relaxed position is important. Comfort may be increased with nursing pillows, dimmable lamp, drinks etc.
<input type="checkbox"/>	Power supply		
<input type="checkbox"/>	Storage space	Storage space for electric pump and associated paraphernalia	
<input type="checkbox"/>	Sink	Washbasin with shelf and soap dispenser, clean towels	Hygiene is important: hand washing before pumping and washing off parts of the pump must be possible. Can be in kitchen or similar area, not in toilet area.
<input type="checkbox"/>	Refrigerator	Refrigerator in which the expressed breast milk can be stored	Can be located in a different room.
<input type="checkbox"/>	Opportunity for diaper change	Changing table with cushion	Baby's diapers are normally changed after breastfeeding. Can also be outside of the room, ideally close by.

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