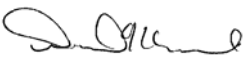
 Rainy River District Social Services Administration Board	<b>SECTION:</b> Land Ambulance
	<b>POLICY TITLE:</b> Rest periods
<b>ORIGINAL DATE:</b> February, 2008	<b>POLICY AREA:</b> Operations
<b>REVISION DATE:</b> August, 2016	<b>POLICY NO:</b> LA – 4.11
<b>NEXT REVIEW DATE:</b> September, 2019	<b>APPROVED BY:</b> 

## Preamble

The Rainy River District Social Services Administration Board (RRDSSAB) ensures that Paramedics and support personnel receive appropriate rest periods, as defined within:

- a) *Ambulance Act, R.S.O. 1990, c. A. 19*, as amended;
- b) *Ontario Regulation 257/00, General*, as amended;
- c) *Employment Standards Act*, as amended; and
- d) *RRDSSAB - CUPE Collective Agreement*, as amended.

## Policy

All employees are provided with a minimum of eight (8) hours rest between shifts, except in the event of a known or pending disaster.

In the event of a known or pending disaster, all reasonable steps will be taken to ensure staff are relieved as soon as possible.

All employees ensure that they report to work fully-rested and ready to perform their duties as a Paramedic. All employees must maintain a minimum of eight (8) hours rest from alternate employment, prior to commencing a shift for the RRDSSAB. Employees are required to advise the Duty Officer if they have not had eight (8) hours of rest due to alternative employment prior to starting work. The Duty Officer will place the employee on unpaid leave until eight (8) hours rest is achieved. Alternatively, where a replacement is not readily obtainable the Duty Officer may restrict that base to emergent calls only until eight (8) hours rest is obtained.