

No matter what the job, there is a way to find suitable space to express milk

Worksite or Job	Suggested Pumping Locations
Retail sales, mall store, fast food business	Small storage closets or utility closets with a light, manager's offices, storage areas, shared space used by various tenant businesses in a mall, changing rooms
Airport	Airline lounge, little used offices and storage areas, sectioned off corner of a room with either permanent walls or portable partitions
Restaurant	Manager's office, some mothers work a split shift to avoid having to pump and return home to breastfeed the baby directly during slow work times
Transportation workers	May find pumping areas in stations along their route or in municipal buildings along their route
Law enforcement officers	Municipal buildings may provide spaces for pumping
Emergency medical technicians	May find pumping accommodations in local hospitals or the back of an unused ambulance
Military	Partitioned off sections of locker rooms, pilots and flight crew may pump in on-board crew quarters
Hospital workers, physicians, nurses, administrators	Dedicated lactation room, maternity unit unused rooms, closets, offices, conference rooms
Migrant workers, field workers, agricultural workers	Portable tents set up in the fields or under trees to provide shade; battery operated pumps, pedal pumps, or hand pumps can be available in each tent
Assembly line, factory workers	Dedicated room close to worker locations, sectioned off corner of a locker room, administrative offices, conference rooms, sectioned off corner of little used areas on a manufacturing floor
Teachers	Unused office of a speech pathologist, school psychologist, or guidance counselor; nurse's office or dispensary; mother's car; unused music or art room