

Hey City Carrier!

Are you skipping your **10 min. breaks and 30min. Lunch?**

This is what you are paying back the Post Office:
Based on City Carrier pay – AA making **\$31.26 per hour**

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|--|---------------------|
| One 10 min. break: | \$5.21 |
| Two 10 min. breaks: | \$10.42 |
| Lunch break (30 min.): | \$15.63 |
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| Both 10 min. breaks and 30 min. Lunch: | \$26.05 |
| Both breaks and Lunch (weekly): | \$130.25 |
| Breaks and Lunch (monthly): | \$521.00 |
| Breaks and Lunch (yearly): | \$6,773.00 |
| Breaks and Lunch (for 25 years): | \$169,325.00 |

This is what you cheat yourself out of by not taking your contractually negotiated breaks and lunch.

After seeing this, how can you **NOT** take your **two 10 min. breaks and 30 min. lunch?**