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Under normal conditions, breaks for rest, temperature mitigation, and hydration are needed to keep workers healthy and alert. This redounds on other aspects of productivity, because impaired workers result in expensive injuries, equipment misuse and damage, and other kinds of delays. Even if workers appear to be in good health after working with insufficient rest and water, they may suffer from physiological injuries that will manifest at some later date, bringing loss to the worker pool and necessitating public assistance for income support and medical treatment.

I support this regulation for the sake of worker health and dignity, as well as the practical benefits of continuous worker effectiveness.