

Luke AFB Lactation Rooms Frequently Asked Questions/Answers

1. What is a lactation room?

- A lactation room is a designated area for nursing personnel to express milk (or even nurse their infant if circumstances permit) in close proximity of a nursing personnel's workplace within unit facilities under the control of a unit commander or equivalent

2. What is the purpose of a lactation room?

- DAF is committed to women's health as a core component of a lethal, ready force and will provide a lactation room for personnel that are mothers who choose to breastfeed upon return to duty or work following pregnancies. The procedures to implement a lactation room balance the mission readiness needs of units while affording nursing mothers the opportunity to continue breastfeeding, pursuant to the United States Surgeon General's goals for increasing breastfeeding for a period of a minimum of one year after a child's birth.

3. What facilities are required to stand up a lactation pod when needed?

- For the purposes of providing lactation rooms, the guidance contained herein applies to all DAF controlled real property and facilities, and is administered by commanders or directors at the unit level or higher. These requirements also apply to training centers, functional community schoolhouses, or other centralized DAF controlled real property such as managing headquarters facilities.

4. Do lactation rooms have to be operational year round?

- A lactation room can be temporary, depending on the unit's circumstances and personnel needs.

5. Who can I contact about standing up a lactation pod?

- Members can contact Occupational Health at (623)856-3111 for any questions or concerns regarding lactation pods

6. Where do I get the funding for the lactation pod?

- Currently funding for lactation rooms will come out of the unit that is trying to stand it up

7. What are the general guidelines for lactation pods in non-industrial workplaces?

- A lactation room must:
 - Remain clean and sanitary. The rooms should be cleaned as often as are restrooms. Restrooms, to include shower rooms and locker rooms, will not be used.
 - Be near a source of hot and cold water for hand washing/breast pump cleaning and contain multiple electrical outlets within the room for use of breast pumps. The room

must contain a door that locks from the inside, trash can, paper towels, disinfectant wipes, and appropriate cleaning supplies made available by the unit.

- Have comfortable seating and a table or similar flat surface, other than the floor, to place the breast pump and other supplies. The room(s) must also have good lighting, a capability to maintain a comfortable temperature, and proper ventilation.

8. What are the general guidelines for lactation pods in industrial workplaces?

- Identify and maintain lactation rooms consistent with direction for break rooms per AFMAN 91-203, Air Force Occupational Safety, Fire, and Health Standards.
- Lactation rooms will not contain toxic materials, chemicals, or industrial shop contaminants.
- Nursing mother personnel using a lactation room should adhere to the same industrial hygiene practices as a break room by removing personal protective equipment, changing clothes when contaminated with solvents, lubricants or fuels prior to entry, and washing their hands prior to using the lactation room.

9. What is the guidance for lactation rooms?

DAFI-36-3013 Lactation Rooms and Breast Milk Storage for Nursing Mothers

10. Do lactation rooms need to be inspected by anyone?

- When setting up a lactation room Public Health will inspect initially to make sure everything is compliant per DAFI.
- Non-industrial shops will not require routine inspections. Inspections can be done upon request from Commanders, facility managers or any members concerned with the designated lactation room
- Industrial shops will be inspected as part of the normal industrial workplace inspection or at the request of the Commander

11. Who can I contact about standing up a lactation pod?

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