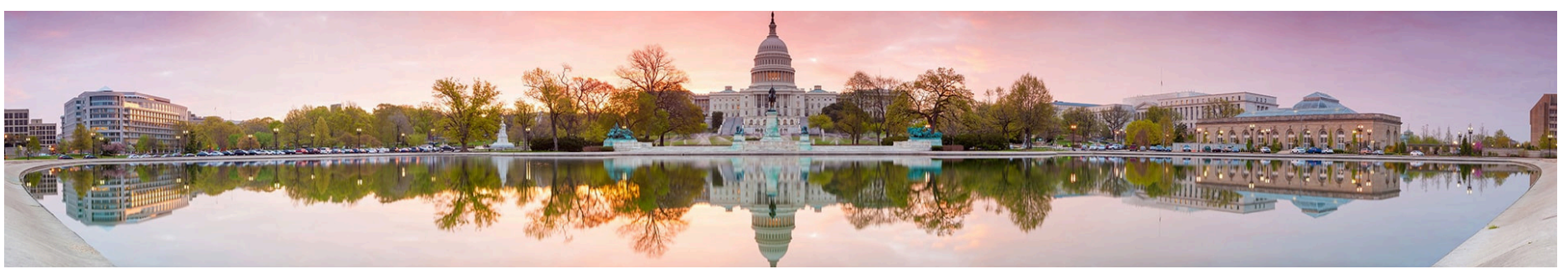




# Office of Congressional Workplace Rights

## e-Newsletter First Quarter 2026



Information on workplace rights, safety and health, and accessibility in the legislative branch



[Learn more about the PUMP Act](#)

### The PUMP Act

The Providing Urgent Maternal Protections for Nursing Mothers Act (PUMP Act) protects the rights of nursing employees to express breast milk during work hours.

This law applies to employees and employing offices in the legislative branch through the Congressional Accountability Act (CAA).

The PUMP Act requires that employing offices provide:

- **Break Time:** Employing offices must provide covered employees reasonable break time to pump milk for up to one year after the child's birth.
- **Private Space:** Employing offices must provide covered employees a place, other than a bathroom, to pump breast milk that is shielded from view and free from intrusion from coworkers and the public.

If an employing office fails to provide a space meeting the requirements of the PUMP Act, an employee who wishes to commence an action must provide the employing office with notice of the failure and provide the employing office 10 days to correct the issue prior to commencing an action.

There are several locations on the U.S. Capitol campus for legislative branch employees to express breast milk:

- At the direction of the leadership of the House and Senate, the [Office of Attending Physician](#) maintains multiple private lactation rooms and suites in House and Senate office buildings to express milk.
- The Library of Congress also has several lactation centers on campus and at the National Audio Visual Conservation Center Packard Campus in Culpeper, Virginia.
- The U.S. Capitol Visitor Center also has one lactation room located adjacent to the restaurant on the lower level in its facility.

For more information, you can go to the OCWR website at [PUMP Act](#).

If you would like to learn more about your rights under the CAA, visit our [website](#), or call the OCWR at (202) 724-9250.



[Read the Fast Fact](#)

### OSH Fast Fact Flu Prevention

Thousands of people are hospitalized and die from flu-related illnesses each year. All employees should follow basic hygiene practices and practice healthy habits to prevent illness. Brush up on flu prevention tips for yourself and your workplace by reading our latest occupational safety and health (OSH) [Fast Fact](#).

For more information and guidance concerning OSH matters affecting the legislative branch, please visit our OSH Resources and Fast Facts page on our [website](#), e-mail the OCWR at [OSH@ocwr.gov](mailto:OSH@ocwr.gov), or call the OCWR office at (202) 724-9250.

## OCWR Training Opportunities

[Register for February 24](#)

[Register for March 9](#)

### The Congressional Accountability Act

#### Webinar | February 24, 2026, and March 9, 2026

This training module identifies the workplace protections extended to employees of the legislative branch covered by the CAA and explains the OCWR's role in administering the CAA. Additionally, this module explains the OCWR's administrative dispute resolution procedures and the necessary deadlines for covered employees to file a claim alleging a violation of their rights. Attendees will apply their knowledge of the CAA's protections and procedures through instructor-guided scenarios and poll questions.

### Recognizing and Preventing Discrimination and Harassment

#### In-Person | March 24, 2026

This in-person training session will be held in the Mary Pickford Theater (Room LM-302) on the third floor of the James Madison Memorial Building of the Library of Congress. This training module examines the classes protected and the discriminatory employment practices and harassing behaviors prohibited by law, as well as the CAA's protections against reprisal. The module also discusses prevention strategies, and the dispute resolution processes and remedies available to covered employees who believe they may have been the subject of unlawful discrimination.

Sign up for OCWR [e-Alerts](#) and follow us on social media



OFFICE OF CONGRESSIONAL WORKPLACE RIGHTS  
110 SECOND STREET SE, JOHN ADAMS BUILDING, ROOM LA-200,  
WASHINGTON, DC 20540-1999  
(202) 724-9250 | [OCWR.GOV](https://www.ocwr.gov)