

# Worker's Case of Shingles Wasn't Caused by Lack of Breaks



A worker filed a worker's comp claim for shingles, claiming that the condition was caused by her not being allowed to take any breaks for lengthy periods of time. The claim was denied so she appealed. The Appeals Commission found that there was no medical evidence to suggest a relationship between work breaks and shingles. In addition, neither the availability nor the frequency of breaks at work was established as a workplace hazard. So the Commission denied her appeal [[Decision No: 2013-0625](#), [2013] CanLII 44025 (AB WCAC), July 18, 2013].