Firstly, workers are entitled to have breaks: either lunch breaks or tea breaks or just breaks to recuperate the body after certain tasks as per the labor law. There was a time when my co-workers accused me of sleeping on the clock when in actual fact l would be having my break or my lunch. I preferred to take my breaks on a different schedule than everyone else and there is no company policy which forbids that. My co-workers then decided to report me to the supervisor because they felt it was unfair and would put more pressure on but they did not realize was putting in the work whilst they were taking breaks.