

The Maine Video Display Terminal (VDT) Law

gives computer operators certain rights. If you work at a computer for more than four (4) hours in a row on most days, this law covers you.

Your employer must train you:



To use your computer safely so you won't get hurt. Safe computer use includes *avoiding*:



Forceful exertions (hitting the keys too hard),



Repetitive motion (keying too fast or for too long), and



Sustained or awkward posture (sitting too long in one position or in an uncomfortable position).



How to properly adjust your workstation.



Within the first month after you are hired and then once a year.

MAINE
DEPARTMENT OF
LABOR
Labor Standards

Questions?

Speak to your supervisor or
● contact the Bureau of Labor Standards at
877-SAFE-345 (877-723-3345) or 207-624-6400
(TTY: 800-794-1110)
email: webmaster.bls@state.me.us
website: www.state.me.us/labor.blsmain.htm