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.

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.blsls@state.me.us
website: www.state.me.us/labor.blsmain.htm