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Maine VDT Law

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MAINE
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THE MAINE VDT LAW

Maine has a VDT law that gives VDT operators certain rights. If you work on a VDT for more than four hours a day you are a VDT operator.

Your employer must train you to use your VDT and to avoid or minimize conditions that may arise from long or improper use.

Your employer must train you on the importance of proper posture when you use a VDT and how to adjust your workstation to achieve proper posture.

Your employer must train you within the first month of your being hired and once a year after.

Your employer must post a notice of your rights under this law.

If you have questions about this law you can call the Bureau of Labor Standards at 624-6400.