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Safe Work for Computer Operators

Maine Department of Labor

Maine Bureau of Labor Standards

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Safe Work for Computer Operators

*The Maine Video Display Terminal (VDT) Law gives certain rights to people who use computers for work.*

If you work at a computer for more than 4 hours in a row on most days, your employer must:

1. **Train you to use your computer safely so you won’t get hurt.**
   Using your computer safely includes:
   - Not hitting the keys too hard,
   - Not keying too fast or for too long, and
   - Not sitting in one position or in an uncomfortable position.

2. **Train you the right way to adjust your workstation.**

3. **Train you within the first month after you are hired and then once a year.**

If you have questions about working safely at the computer, speak to your supervisor or contact the Bureau of Labor Standards

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