

# **SEXUAL HARASSMENT ON THE JOB IS ILLEGAL**

# × UNWELCOME SEXUAL ADVANCES × SUGGESTIVE OR LEWD REMARKS × UNWANTED HUGS, TOUCHES, KISSES × REQUESTS FOR SEXUAL FAVORS × RETALIATION FOR COMPLAINING ABOUT SEXUAL HARASSMENT

IF YOU FEEL YOU HAVE BEEN DISCRIMINATED AGAINST, CONTACT:

**MAINE HUMAN RIGHTS COMMISSION** 51 STATE HOUSE STATION, AUGUSTA, MAINE 04333-0051

PHONE (207) 624-6290 FAX (207) 624-8729 TTY: MAINE RELAY 711 www.maine.gov/mhrc

OR CONTACT YOUR PERSONNEL DEPARMENT:\_

DEPARTMENT / AGENCY CONTACT

# **Veterans' Benefits & Services**



Benefits and Services for Maine Veterans can be accessed through the Department of Defense, Veterans and Emergency Management and the Maine Bureau of Veterans' Services.

This poster describes some important benefits and services offered. Free printed posters and requirements may be obtained from the Department of Labor, Bureau of Labor Standards, by calling 207-623-7900 or by visiting the Bureau's website at www.maine.gov/labor/posters.



Maine Law (Title 26, M.R.S.A. § 42-D) requires every employer with more than 50 full-time equivalent employees to place this poster in the workplace where workers can easily see it.

## This poster is available online at no charge and may be copied: <u>www.maine.gov/labor/posters/</u>

The State of Maine provides a wide variety of services for Veterans. This poster provides information for the following benefits and services:

## **Educational, Workforce & Training Resources**

- Maine CareerCenters are located throughout the state and provide educational, training and workforce resources, including veteran-specific referral services through the Maine Military and Community Network and employment support like the Maine Hire-A-Vet Program at <u>www.mainecareercenter.</u> <u>com/mhav/</u>
- Each CareerCenter has a dedicated veteran representative onsite. Find out more at <u>www.mainecareercenter.gov</u> and <u>www.mainecareercenter.gov/employment/veterans.shtml</u>
- Entrepreneurship services from the Small Business Administration are also offered. Find out more at www.maine.gov/veterans/benefits/employment/
- For further educational resources, the Maine Bureau of Veterans' Services has a complete listing of institutions of higher learning in their Maine Veterans' Benefits and Resource Guide at <u>www.maine.gov/veterans/docs/MBVS-Resource-Guide.pdf</u>
- The State of Maine has an employment preference to veterans who apply for State positions. In addition, in accordance with Executive Order 2016-002, if a veteran applies for a State job and is not ultimately hired for that job, it is the policy of the Bureau of Human Resources to provide guidance to that veteran on other State of Maine openings for which that veteran may be qualified to apply. See guidance at www.maine.gov/bhr/state-jobs/veterans-preference-in-jobapplications

**Eligibility for Unemployment Insurance Benefits** 

- You may be eligible for unemployment if you separated in the last 18 months.
- If filing in the State of Maine, call 1-800-593-7660 or visit the unemployment website for more information <u>www.maine.gov/unemployment/</u>

**Driver's Licenses & Non-Driver Identification Cards** 

- Veterans may request a military service license designator for their license or ID. Proof of active service or honorable discharge (DD Form 214) is required.
- For more information about the eligibility requirements for the Military Service Designation, contact the Bureau of Motor Vehicles at 207-624-9000.

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to people with disabilities upon request.

## **Crisis Line**

The Crisis Line provides 24/7, confidential support for veterans AND their families.

Veterans do not have to be enrolled in VA benefits or health care to access this service.

To access assistance, dial 988, then press 1 For an online chat option, go to <u>www.veteranscrisisline.net</u> .

#### **Substance Use & Mental Health Treatment**

 Veterans seeking assistance for substance use treatment should contact the SUD Intensive Outpatient's (Addictions Services - SUD Program) at 207-623-8411x 4098. For other mental health services, go to: <u>www.va.gov/directory/guide/</u> <u>SUD.asp</u>

**Tax Benefits** 

 Veterans are entitled to certain tax benefits. To find out more, go to <u>www.maine.gov/veterans/benefits/tax-financebenefits/index.html</u>

**Legal Services** 

- To access legal services for Veterans, go to <u>www.maine.</u> <u>gov/veterans/resources/index.html</u> and choose the Legal/ Financial option. Veterans can also select a specific county to search, or can choose to search the entire state for resources.
- The map will provide legal services options, complete with links to the businesses and/or agencies.

## Assistance

- Filing a claim with the VA
- Enrolling in VA Healthcare
- Obtaining burial benefits
- Housing/Homelessness assistance
- Recognitions for services
- Educational benefits
- Other State benefits such as providing park passes, hunting and fishing licenses

## **To Access Services, Contact:**

Veterans & Emergency Management Website: <u>www.maine.gov/dvem/index.html</u>

Maine Bureau of Veterans' Services Phone: 207-287-7020 | Website: <u>www.maine.gov/veterans/</u>

# **Whistleblower's Protection Act**



## Protection of Employees Who Report or Refuse to Commit Illegal Acts



M.R.S.A. § 839) requires every employer to place this poster in the workplace where workers can easily see it.

Maine Law (Title 26

This poster describes some important parts of the law. A copy of the actual law or formal interpretations may be obtained from the Department of Labor, Bureau of Labor Standards by calling 207-623-7900. (The laws are also on the Bureau's web site.)

## This poster is available online at no charge and may be copied: https://www.maine.gov/labor/posters/

## It is illegal for your boss to fire you, threaten you, retaliate against you or treat you differently because:

- 1. You reported a violation of the law;
- 2. You are a healthcare worker and you reported a medical error;
- 3. You reported something that risks someone's health or safety;
- 4. You have refused to do something that will endanger your life or someone else's life and you have asked your employer to correct it; or
- 5. You have been involved in an investigation or hearing held by the government.

## You are protected by this law ONLY if:

- 1. You tell your boss about the problem and allow a reasonable time for it to be corrected; or
- 2. You have good reason to believe that your boss will not correct the problem.

# **To report a violation, unsafe condition or practice or an illegal act in your workplace, contact:** (This information should be filled in by the employer)

a complaint under this law, contact: In Rights Commission Iouse Station Maine 04333 -624-6290 Maine Relay 711 ne.gov/mhrc Information on workplace safety and labor laws: Maine Department of Labor Bureau of Labor Standards 45 State House Station
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Maine Department of Labor Bureau of Labor Standards
Maine Department of Labor Bureau of Labor Standards
Bureau of Labor Standards
AE State House Station
45 State House Station
Augusta, Maine 04333-0045
Tel: 207-623-7900
TTY users call Maine Relay 711.
Web site: www.maine.gov/labor/bls
Email: bls.mdol@maine.gov

## FOR DATES OF INJURY ON AND AFTER JANUARY 1, 2020



# **WORKERS' COMPENSATION**

## **WORKERS' COMPENSATION BOARD REGIONAL OFFICES**

## **AUGUSTA**

442 Civic Center Drive, Suite 225 **156 State House Station** Augusta, ME 04333-0156 207-287-2308 1-800-400-6854

## **LEWISTON**

36 Mollison Way Lewiston, ME 04240-5811 207-753-7700 1-800-400-6857

## BANGOR

396 Griffin Road, Suite 105 Bangor, ME 04401 207-941-4550 1-800-400-6856

## PORTLAND

1037 Forest Avenue, Suite 11 Portland, ME 04103 207-822-0840 1-800-400-6858

## **CARIBOU**

43 Hatch Drive, Suite 110 Caribou, ME 04736-2347 207-498-6428 1-800-400-6855

## Visit our website at: www.maine.gov/wcb Statewide TTY: 711

## **Interpreters** Available

When calling for assistance, please say the name of your language in English and an interpreter will be called for you. Please stay on the line.

#### Tenemos intérpretes a su disposición

## **Notice to Employees:**

State law requires your employer to provide workers' compensation insurance for its employees. Workers' compensation insurance provides benefits to employees who are injured at work.

If you are injured at work, NOTIFY YOUR EMPLOYER AT ONCE. You may lose your right to receive benefits unless your employer is notified within 60 days of your injury. Your claim is also subject to a two year statute of limitations. Worker advocates are available at the Workers' Compensation Board to help injured workers.

It is against the law for employers to misclassify employees as independent contractors for the purposes of avoiding workers' compensation insurance, unemployment coverage, or other employer paid taxes and withholdings. For more information on laws pertaining to the hiring of independent contractors, visit the Worker Misclassification Task Force website at www.maine.gov/labor/misclass.

If you have any questions about your rights, please contact one of the regional offices.

## **A l'intention des Employes:**

D'après les lois de l'Etat du Maine, votre employeur est tenu de souscrire à une assurance indemnisant ses employés victimes d'un accident du travail.

Si vous êtes victime d'un accident du travail. PREVENEZ VOTRE EMPLOYEUR IMMEDI-ATEMENT. Passé un délai de 60 jours, vous risquez de perdre vos droits à l'indemnisation. Au-delà de deux ans, votre déclaration n'est plus recevable. Pour aider les victimes d'un accident du travail, le Workers'Compensation Board met des conseillers juridiques à leur disposition.

La loi interdit aux employeurs de classifier fallacieusement leurs salariés comme étant des contractants privés aux fins d'échapper a compensatrice-employé, l'assurance aux

indemnités de chômage, ou aux autres charges et retenues dues par employeur. Pour plus de détails sur la législation relative a l'utilisation des services privés, visitez le site internet de Worker Misclassification Task Force (Unité anti-fraude en matière de classification des salariés) : www.maine.gov/labor/misclass.

Si vous n'êtes pas sûr de vos droits, veuillez contacter l'un des bureaux régionaux.

## Aviso a los Trabajadores:

La ley del estado de Maine requiere que su empresario proporcione el seguro de compensaciones para el trabajador a todos los trabajadores. El seguro de compensaciones para el trabajador proporciona beneficios a los trabajadores accidentados en el trabajo.

En caso de sufrir accidente o daño laboral, NOTIFÍQUELO INMEDIATAMENTE A SU EMPRESARIO. Podría perder el derecho a recibir compensación a menos que su empresario sea notificado de este accidente o daño en el plazo de 60 días. Así mismo esta reclamación debe hacer referencia a unaccidente o daño que no haya ocurrido hace más de dos años. Los defensores del trabajador están disponibles para proporcionar ayuda a los trabajadores accidentados en el Consejo de Administración de Compensaciones para el Trabajador (Workers' Compensation Board).

El hecho de no clasificar a los empleados como contratistas independientes, con el propósito de evitar el seguro por compensación al trabajador, cobertura para desempleados, ú otros impuestos pagados y retenidos por el empleador; está en contra de la ley del empleador. Para mayor información acerca de las leyes pertenecientes a la contratación de contratistas independientes, visite el Worker Misclassification Task Force en la página web de www.maine.gov/labor/ misclass.

En caso de tener cualquier pregunta sobre sus derechos, favor de dirigirse a una de las oficinas regionales de compensaciones para el trabajador.

Tłumacze dostępni na życzenie.

POLISH Aby uzyskać pomoc tłumacze, proszę powiedzieć po angielsku "Polish" i czekać na linii.

"К вашим услугам имеются переводчики"

"Có Thông Dịch Viên"

"Khi gọi điện thoại để được giúp đỡ, xin quý vị hãy nói "VIETNAMESE" để chúng tôi cho thông dịch viên giúp quý vị. Xin quý vị chờ trên đường dây.

SPANISH

ENGLISH

Si necesita que le atiendan en español por favor diga "Spanish" y le conectaremos con un intérprete. Por favor manténgase en la línea.

PORTUGUESE

Temos intérpretes à sua disposição

Se precisar de atendimento em Português, por favor diga "Portuguese" e um intérprete será prontamente chamado. Por favor, aguarde na linha.

Abbiamo intèrpreti disponibili

Se avete bisogno di assistenza in Italiano, Vi preghiamo di dire "Italian" e un intèrprete sará messo a Vostra disposizione. Vi preghiamo di rimanere in linea.

Des interprètes sont à votre disposition

FRENCH

TALIAN

Lorsque vous appelez pour demander de l'aide, prononcez le mot "French" et nous mettrons un interprète à votre disposition. Prière de rester en ligne.

Когда Вы обращаетесь за помощью по телефону пожалуйста скажите, что Вы говорите по-русски RUSSIAN (произнесите "РАШН"), и мы обеспечим Вас переводчиком. После этого, пожалуйста, оставайтесь на линии."

#### 提供口譯服務

CHINESE 打電話請求幫助時,請用英語説"挾音呢斯" (CHINESE)- 我們將爲您提供口譯人員。請不 要挂斷電話。

通訳サービスをご利用いただけます **JAPANESE** 通訳を必要とされる場合は「ジャパニーズ」と おっしゃり、通訳がでるまでそのままでお待ちく ださい。

```
한국어 통역을 이용하실 수 있습니다.
KOREAN
  도움이 필요하여 전화를 거실 때 영어로 코리언
  (KOREAN)이라고 말씀하시면 통 역자를 연결해 드릴
  것입니다. 전화를 끊지 마시고 기다리십시오.
```

مترجمون شفهيون متيشرون لخدمتكم

عند اتصالكم للمساعدة أو لطلب خدمة معيّنة نرجو منكم أن تذكروا (أ-رَ-ب-ك )ونحن سنقدَم لكم مترجما شفهيا . ابقوا على الغط من فضلكم.

افراد مترجم در دسترس می باشند. را که بدان صحبت می کنید به انگلیسی ذکر کنید تا راجع به امري به ما تلفن مي كنيد، لطفاً نام زباني قطع نکنید. هنگامیکه برای درخواست کمک یا شما تماس كرفته شود. لطفاً روي خط منتظر بمانيد. بایک مترجم برای

#### Turjunaanno waa la helayaa

SOMALI

Marka aad caawinaad inoogu soo yeeraneysid, fadhlan luqaddaada af Ingiriisi inoogu sheeg turjubaan ayaa lguugu yeeri doonaaye. Taleefoonkana ha dhigin.

To the employer: This notice must be posted in a conspicuous place upon your premises accessible to employees. 39-A MRSA §406. The State of Maine does not discriminate on the basis of disability in admission to, access to, or operation of its programs, services or activities. This poster is available in alternative format. For further assistance, contact the Maine Workers' Compensation Board, ADA Coordinator, telephone: (888) 801-9087 or TTY: 711. WCB-90 (1/1/2020, revised 3/7/2022)

# **Regulation of Employment**



Labor Laws of the State of Maine provide protection for people who work in Maine. The Maine Department of Labor administers the laws, which all employers must follow. Department representatives inspect workplaces to ensure compliance. Citations and penalties may be issued to employers who do not comply.

This poster describes some important parts of the laws. A copy of the actual laws or formal interpretations may be obtained from the Department of Labor, Bureau of Labor Standards, by calling 207-623-7900. (The laws are also on the Bureau's web site.)



Maine Law (Title 26 M.R.S.A. § 42-B) requires every employer to place this poster in the workplace where workers can easily see it.

## This poster is available online at no charge and may be copied: https://www.maine.gov/labor/posters/

#### **Time of Payment**

Employees must be paid in full at least every 16 days. Employees must be notified of any decrease in wages or salary at least one day prior to the change.

#### **Payment of Wages**

An employee leaving employment, must be paid in full no later than the employee's next established payday. This may also include the payment of accrued vacation pay and/or Earned Paid Leave.

#### **Unfair Agreement**

Employers cannot require that an employee pay for losses such as broken merchandise, bad checks, or bills not paid by customers, nor for special uniforms and certain tools of the trade.

#### **Rest Breaks**

Most employees must be offered a 30 consecutive minute paid or unpaid rest break after 6 hours of work.

Nursing mothers must be provided with unpaid break time or be permitted to use their paid break or meal time to express milk. The employer must make reasonable efforts to provide a clean room or location, other than a bathroom, where the milk can be expressed.

## Family Medical Leave

An employee who has worked for the last 12 months at a workplace with 15 or more employees may be entitled to up to 10 weeks of paid or unpaid leave for a qualifying event.

- Birth or adoption of a child or domestic partner's child;
- Serious health condition of the employee or immediate family member, including domestic partner; domestic partner's child, grandchild, domestic partner's grandchild;
- Organ donation;
- Death or serious health condition of the employee's spouse, domestic partner, parent or child if it occurs while the spouse, domestic partner, parent or child is on active duty;
- Serious health condition or death of a sibling who shares joint living and financial arrangements with the worker.

(Federal family medical leave is different, call 866-487-9243 for more information.)

Leave for Victims of Violence, Assault, Sexual Assault or Stalking Must be allowed upon request if an employee (or a child, parent or spouse of an employee) is a victim of violence, assault, sexual assault or stalking or any act that would support an order for protection under Title 19-A M.R.S.A., c. 101 and the employee needs the time to:

- Prepare for and attend court proceedings; or
- Receive medical treatment; or
- Obtain necessary services to remedy crisis.

#### Leave to Care for Family

If the employer's policy provides for paid time off, the employee must be allowed to use up to 40 hours in a 12-month period to care for an immediate family member who is ill.

#### **Earned Paid Leave**

An employer that employs more than 10 employees in the usual and regular course of business for more than 120 days in any calendar year shall permit each employee to earn paid leave based on the employee's base pay. An employee is entitled to earn one hour of paid leave from a single employer for every 40 hours worked, up to 40 hours in one year of employment. Accrual of leave begins at the start of employment, but the employer is not required to permit use of the leave before the employee has been employed by that employer for 120 days during a one-year period.

#### **Earned Income Tax Credit**

Employees may be eligible for federal and state earned income tax credits. Employees may apply for the tax credits on the employee's income tax return.

**Note:** Maine employers may also be covered under the Federal Fair Labor Standards Act. For more information, contact the U.S. Department of Labor Wage and Hour Office at 866-487-9243.

For more information, contact: Maine Department of Labor

Bureau of Labor Standards 45 State House Station Augusta, Maine 04333-0045 located at: 45 Commerce Drive **Telephone: 207-623-7900** | TTY users call Maine Relay 711. Website: www.maine.gov/labor/bls | Email: bls.mdol@maine.gov

At-Will Employment —Under Maine law, an at-will employee may be terminated for any reason not specifically prohibited by law. In most instances, you are an at-will employee unless you are covered by a collective bargaining agreement or other contract that limits termination. If you have questions about at-will employment, contact your human resources department or the Bureau of Labor Standards.

# **Maine Employment Security Law**



This poster is designed to notify individuals of their rights regarding the filing of claims for unemployment benefits. It does not have the force or effect of law. For more information, call 1-800-593-7660 toll free.



Rules Governing The Administration of the Employment Security Law states every employer shall post and maintain such notices to its workers.

This poster is available online at no charge and may be copied: https://www.maine.gov/labor/posters/

# **Full- and Part-Time Workers**

## How to file a claim for unemployment benefits

All new and reactivated claims for unemployment benefits are filed either online, telephone or by mail. **Do not delay in filing your claim once you are out of work. Claims cannot be backdated.** 

When filing, you will need to know your Social Security Number. Also, you should have the names and addresses of all employers for whom you worked, and your dates of employment in the last 18 months.

## To file online: www.maine.gov/reemployme

This is the fastest, easiest way to file.

To file by phone: 1-800-593-7660 TTY Users Call Maine Relay 711.

All individuals filing for Unemployment Insurance benefits are required by law to be registered with the Maine JobLink.Visit **www.mainecareercenter.gov** to access Maine JobLink.

We provide **language interpreter services** in approximately 140 commonly spoken languages. Arrangements will be made to have an interpreter assist you when you call the Unemployment Claims Center.

**To claim by mail:** In some cases, your employer will give you a claim form. Mail your initial claim form to the Unemployment Claims Center listed below.

Maine Department of Labor Bureau of Unemployment Compensation

97 State House Station, Augusta, ME 04333-0097

## **Basic eligibility requirements**

**Earnings during the base period:** The "base period" is a one-year period that includes four calendar quarters. To establish a claim, an individual must have earned two times the annual average weekly wage in Maine in each of two different calendar quarters, and a total of six times the annual average weekly wage in Maine in the whole base period. In most cases, the Department of Labor has your wage information on file. If it is not on file, the Department will take steps to obtain it.

**Separation:** If you were laid off from your last job due to a lack of work, no additional investigation is required. If you separated from your last job for reasons other than lack of work, you will be scheduled for a fact-finding interview. A determination will then be made regarding your eligibility for benefits.

Weekly requirements: Weekly eligibility requirements include being able to work and being available for work, making an active search for work (unless your work search has been "waived"), not refusing offers of suitable work or referral to suitable job opportunities from the CareerCenters.

**Aliens:** If you are not a U.S. Citizen, your Social Security Number and/or your Alien Permit number will be checked with the United States Citizenship and Immigration Services.

**Unemployment benefits are taxable:** Unemployment benefits are taxable and have to be reported when you file your income tax forms.

**Child support:** If you owe child support that you pay to the Department of Health and Human Services (DHHS), up to fifty percent (50%) of your unemployment check may be withheld and sent to DHHS.

**Benefits for partial unemployment:** An employer shall issue a properly completed partial unemployment claim form to each employee who is customarily employed full-time and who is given less than full-time hours during a week due to lack of work, and who is not separated from that employer.

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to people with disabilities upon request.

# **Minimum Wage**



Labor Laws of the State of Maine provide protection for people who work in Maine. The Maine Department of Labor administers the laws, which all employers must follow. Department representatives inspect workplaces to ensure compliance. Citations and penalties may be issued to employers who do not comply.



Maine Law (Title 26 M.R.S.A. § 42-B) requires every employer to place this poster in the workplace where workers can easily see it.

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## Minimum Wage is \$14.15 per hour effective January 1, 2024

## **Minimum Wage**

Under Maine labor laws, any business operating in the state with one employee is automatically covered by state law. This includes all public and private employers regardless of profit or size. Effective January 1, 2024, the minimum wage in Maine is \$14.15 per hour.

## **Municipal Minimum Wage Ordinances**

Employers with employees who work in Bangor and/or Portland or any other municipality that passes a local minimum wage ordinance, may be subject to additional regulations and should check with municipal officials.

## **Service Employee**

A service employee is someone who regularly receives more than \$179 a month in tips. As of January 1, 2024, employers must pay a direct service wage of at least \$7.08 per hour. If the employee's direct wage combined with earned tips do not average, on a weekly basis, the state required minimum wage, the employer must pay the difference.

## **Overtime**

Unless specifically exempted, employees must receive overtime pay for hours worked in excess of 40 in a workweek at a rate not less than time and one-half their regular rate of pay. Employers have the right to allow or deny overtime, but if overtime is worked, it must be paid in accordance with state requirements. Compensatory or "comp" time cannot be used by private-sector employers, although private-sector employers can allow employees to flex their time within the workweek (but not the pay period if the pay period is longer than a seven day cycle in the workweek).

## For more information, contact:

Maine Department of Labor Bureau of Labor Standards 45 State House Station Augusta, Maine 04333-0045

## Telephone: 207-623-7900

TTY users call Maine Relay 711. Web site: www.maine.gov/labor/bls Email: bls.mdol@maine.gov

## **Exemptions from Overtime**

Maine statutes incorporate by reference the salary requirements under the Fair Labor Standards Act (FLSA). The new minimum salary requirement will be \$816.35 per week as of January 1, 2024. Salary is only one factor in determining whether a worker is exempt from overtime under federal or state law. The duties of each worker must be considered as part of this analysis. Failure to adhere to both requirements—meeting the duties test and the weekly salary threshold— are violations of state law and potentially federal law depending on the discrepancies in the laws.

## **Statements to Employees**

Every employer shall give to each employee with the payment of wages a statement clearly showing the date of the pay period, hours worked, total earnings and itemized deductions.

## Recordkeeping

Employers shall keep, for three years, accurate records of hours worked and wages paid to all employees.

The Department of Labor enforces state wage and hour laws. Employers with questions about the law may call 207-623-7900 or may visit the department's webpage.

## **Minimum Wage Guidance**

www.maine.gov/labor/labor\_laws/minimum\_wage\_faq.html

legislature.maine.gov/statutes/26/title26sec664.html

## **Overtime Guidance**

www.maine.gov/labor/labor\_laws/overtime.html

legislature.maine.gov/statutes/26/title26sec664.html

**\*Note:** Maine employers may also be covered under the federal Fair Labor Standards Act. For more information, contact the U.S. Department of Labor Wage and Hour Office at 603-666-7716.

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to people with disabilities upon request. rev. 12/23