

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

### WORKERS' COMPENSATION

#### WORKERS' COMPENSATION BOARD REGIONAL OFFICES

AUGUSTA	LEWISTON	BANGOR	PORTLAND	CARIBOU
140 State House, Box 225 100 State House Station Augusta, Maine 04333 207-337-2222 1-800-405-4854	30 Main Street Lewiston, ME 04240 207-753-7100 1-800-405-4854	1000 Main Street Bangor, ME 04401 207-947-4000 1-800-405-4854	107 Fore Street, Suite 111 Portland, ME 04103 207-627-4440 1-800-405-4854	43 Main Street, Suite 110 Caribou, ME 04741 207-486-4443 1-800-405-4854

**Notice to Employees:** State law requires you to provide worker compensation information to your employer. Your employer must provide you with a copy of the Workers' Compensation Act and a copy of the Workers' Compensation Board's rules and regulations. You may also receive a copy of the Workers' Compensation Board's rules and regulations. If you are injured on the job, you may be eligible for benefits. For more information, visit [www.maine.gov/psc](http://www.maine.gov/psc).

**Notice to Employers:** State law requires you to provide worker compensation information to your employees. Your employer must provide you with a copy of the Workers' Compensation Act and a copy of the Workers' Compensation Board's rules and regulations. You may also receive a copy of the Workers' Compensation Board's rules and regulations. If you are injured on the job, you may be eligible for benefits. For more information, visit [www.maine.gov/psc](http://www.maine.gov/psc).

**Notice to Self-Employed:** State law requires you to provide worker compensation information to yourself. You may be eligible for benefits. For more information, visit [www.maine.gov/psc](http://www.maine.gov/psc).

## Maine Workplaces Support Nursing Employees

An employer who is found to have violated this law through a hearing process must pay a civil penalty of \$100-\$500 for every violation.

**Employer of nursing employees:** This law sets a civil standard for employers of nursing employees. It requires employers to provide a safe and healthy work environment for their nursing employees. This includes providing a safe and healthy work environment for their nursing employees. This includes providing a safe and healthy work environment for their nursing employees. This includes providing a safe and healthy work environment for their nursing employees.

## Veterans' Benefits & Services

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

**Eligibility for Employment Insurance Benefits:** This document provides information on the eligibility requirements for Employment Insurance (EI) benefits. It includes information on the eligibility requirements for EI benefits. It includes information on the eligibility requirements for EI benefits. It includes information on the eligibility requirements for EI benefits.

## Minimum Wage

Lawmakers of the State of Maine provide protection for people who work in Maine. The Maine Department of Labor administers the law, which all employers must follow. Department representatives inspect workplaces to ensure compliance. Citations and penalties may be issued for non-compliance.

**Minimum Wage:** The minimum wage in Maine is \$15.10 per hour. This includes all workers, including those who are not full-time employees. This includes all workers, including those who are not full-time employees. This includes all workers, including those who are not full-time employees. This includes all workers, including those who are not full-time employees.

## Whistleblower's Protection Act

This poster describes some important parts of the law. A copy of the actual law and formal interpretations may be obtained from the Department of Labor, Bureau of Labor Standards, at [www.maine.gov/psc](http://www.maine.gov/psc).

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

1. You reported a violation of the law.
2. You are a whistleblower under your report.
3. You reported a violation of the law.
4. You have refused to do anything that you know or believe will cause you or someone else's safety to be endangered.
5. You have been involved in an investigation or hearing held by the government.

To report a violation, unsafe condition or practice or an illegal act in your workplace, contact:

(Name) (Title)

**For more information or to file a complaint under this law, contact:**

U.S. Department of Labor  
Maine Bureau of Labor Standards  
Augusta, Maine 04333  
Tel: (207) 625-6200  
TTY: calls toll free 1-800-735-7271  
[www.maine.gov/psc](http://www.maine.gov/psc)

## Regulation of Employment

Lawmakers of the State of Maine provide protection for people who work in Maine. The Maine Department of Labor administers the law, which all employers must follow. Department representatives inspect workplaces to ensure compliance. Citations and penalties may be issued for non-compliance.

**Family Medical Leave:** An employee who has been employed for at least 12 months and has at least 1,250 hours of service is eligible for up to 12 weeks of unpaid leave to care for a family member who has a serious health condition. This includes information on the eligibility requirements for FMLA benefits. This includes information on the eligibility requirements for FMLA benefits. This includes information on the eligibility requirements for FMLA benefits.

**Sexual Harassment Education and Training:** This document provides information on the requirements for sexual harassment education and training. It includes information on the requirements for sexual harassment education and training. It includes information on the requirements for sexual harassment education and training. It includes information on the requirements for sexual harassment education and training.

## Notice of Intention to Terminate

This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

**Notice of Intention to Terminate:** This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

## Video Display Terminals

This document provides information on the requirements for video display terminals. It includes information on the requirements for video display terminals. It includes information on the requirements for video display terminals. It includes information on the requirements for video display terminals.

**Video Display Terminals:** This document provides information on the requirements for video display terminals. It includes information on the requirements for video display terminals. It includes information on the requirements for video display terminals. It includes information on the requirements for video display terminals.

## Notice of Intention to Terminate

This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

**Notice of Intention to Terminate:** This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

## Notice of Intention to Terminate

This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

**Notice of Intention to Terminate:** This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

## Child Labor Laws

Child Labor Laws of the State of Maine provide protection for people under the age of 18 in both agricultural and non-agricultural jobs. The Maine Department of Labor administers the law, which all employers must follow. Department representatives inspect workplaces to ensure compliance. Citations and penalties may be issued for non-compliance.

**Child Labor Laws:** This document provides information on the requirements for child labor laws. It includes information on the requirements for child labor laws. It includes information on the requirements for child labor laws. It includes information on the requirements for child labor laws.

**Child Labor Laws:** This document provides information on the requirements for child labor laws. It includes information on the requirements for child labor laws. It includes information on the requirements for child labor laws. It includes information on the requirements for child labor laws.

## 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 of an act of law. For more information, call 1-800-959-7600 or visit [www.maine.gov/psc](http://www.maine.gov/psc).

**Full- and Part-Time Workers:** This document provides information on the requirements for full- and part-time workers. It includes information on the requirements for full- and part-time workers. It includes information on the requirements for full- and part-time workers. It includes information on the requirements for full- and part-time workers.

**Full- and Part-Time Workers:** This document provides information on the requirements for full- and part-time workers. It includes information on the requirements for full- and part-time workers. It includes information on the requirements for full- and part-time workers. It includes information on the requirements for full- and part-time workers.

## Notice of Intention to Terminate

This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

**Notice of Intention to Terminate:** This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

## Paid Family and Medical Leave

Maine's Paid Family and Medical Leave (PFML) law provides up to 12 weeks of paid leave for family caregiving, bonding, or medical leave. This includes information on the requirements for PFML benefits. This includes information on the requirements for PFML benefits. This includes information on the requirements for PFML benefits.

**Paid Family and Medical Leave:** This document provides information on the requirements for paid family and medical leave. It includes information on the requirements for paid family and medical leave. It includes information on the requirements for paid family and medical leave. It includes information on the requirements for paid family and medical leave.

## THE MAINE HUMAN RIGHTS ACT PROHIBITS SEX DISCRIMINATION

SEXUAL HARASSMENT ON THE JOB IS ILLEGAL. IF YOU FEEL YOU HAVE BEEN DISCRIMINATED AGAINST, CONTACT:

MAINE HUMAN RIGHTS COMMISSION  
200 State House  
Augusta, Maine 04333-0101  
Phone: (207) 625-6200  
TTY: (207) 625-7271  
[www.maine.gov/psc](http://www.maine.gov/psc)

## Sexual Harassment Education and Training

This document provides information on the requirements for sexual harassment education and training. It includes information on the requirements for sexual harassment education and training. It includes information on the requirements for sexual harassment education and training. It includes information on the requirements for sexual harassment education and training.

## Notice of Intention to Terminate

This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

## Notice of Intention to Terminate

This document provides information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate. It includes information on the requirements for notice of intention to terminate.

© 2026 ALLC, all rights reserved

ALLC 20260220

# Compliance Date

## January 2026

© 2026 ALLC

SP-ME-E

631-385-3308

01218

01218 + V42