How are you protected?

✓ By law, an employer must provide a safe and healthful workplace for employees.

✓ Periodically, safety and health inspectors from the Maine Department of Labor will show up at your workplace to make sure your employer is following Safety and Health Regulations.

✓ You have a right to report work-related injuries and illnesses.

✓ If you think your workplace is unsafe, you or your representative can contact the Maine Department of Labor and request an inspection. You can request that your name be kept confidential.

✓ Employers, employees and employee representatives may go with the inspector on the inspection of your job site.

✓ Your employer may be cited and penalized if unsafe or unhealthful conditions are found during an inspection. Citations must be posted at or near the place of the alleged violation.

✓ Your employer must correct unsafe and unhealthful conditions found during an inspection.

✓ Employers that repeat safety and health violations or that violate the law on purpose may face fines, civil charges, or criminal charges.

✓ You cannot be fired or discriminated against for filing a safety and health complaint or reporting a work-related injury or illness. You can file a complaint with the Director of the Bureau of Labor Standards within 30 days of such an alleged violation.

Under a plan approved August 5, 2015, by the U.S. Department of Labor, Occupational Safety and Health Administration (OSHA), the State of Maine is providing job safety and health protection for workers in the public sector throughout the State.

OSHA will monitor the operation of this plan to assure that continued approval is merited. Any person may make a complaint regarding the State administration of this plan directly to the Regional Office of OSHA, JFK Federal Building, Room E-340, Boston, Massachusetts 02203.


For after-hours fatality/catastrophe reporting: 207-592-4501 or email accident.bls@maine.gov.

Who can you contact to ask for an inspection or for safety and health information?

Maine Department of Labor
Bureau of Labor Standards
45 State House Station
Augusta, ME 04333-0045
207-623-7900
TTY users call Maine Relay 711.
Email: mdol@maine.gov
Web site: www.maine.gov/labor/bls