# Your Employee Rights Under the **Family and Medical Leave Act**

#### What is FMLA leave?

The Family and Medical Leave Act (FMLA) is a federal law that provides eligible employees with job-protected leave for qualifying family and medical reasons. The U.S. Department of Labor's Wage and Hour Division (WHD) enforces the FMLA for most employees.

Eligible employees can take up to 12 workweeks of FMLA leave in a

The birth, adoption or foster placement of a child with you. Your serious mental or physical health condition that makes you unable to work, To care for your spouse, child or parent with a serious mental or physical health condition, and

Certain qualifying reasons related to the foreign deployment of your spouse, child or parent who is a military servicemember.

An eligible employee who is the spouse, child, parent or next of kin of a covered servicemember with a serious injury or illness may take up to 26 workweeks of FMLA leave in a single 12-month period to care for the servicemember

You have the right to use FMLA leave in one block of time. When it is medically necessary or otherwise permitted, you may take FMLA leave intermittently in separate blocks of time, or on a reduced schedule by working less hours each day or week. Read Fact Sheet #28M(c) for more informatio

FMLA leave is not paid leave, but you may choose, or be required by your employer, to use any employer-provided paid leave if your employer's paid leave policy covers the reason for which you need

#### Am I eligible to take FMLA leave?

#### You are an eligible employee if all of the following apply:

You work for a covered employer You have worked for your employer at least 12 months, You have at least 1,250 hours of service for your employer during the 12 months before your leave, and Your employer has at least 50 employees within 75 miles of your work location

lef.: 29 CFR §825.300

## Airline flight crew employees have different "hours of service

You work for a covered employer if one of the following applies: You work for a private employer that had at least 50 employees during at least 20 workweeks in the current or previous calendar

You work for an elementary or public or private secondary school, You work for a public agency, such as a local, state or federal government agency. Most federal employees are covered by

Title II of the FMLA, administered by the Office of Personnel Management.

### How do I request FMLA leave?

Generally, to request FMLA leave you must: Follow your employer's normal policies for requesting leave.

you are eligible or not eligible for FMLA leave. If your employer determines that you are eligible, your employer must notify you in · Give notice at least 30 days before your need for FMLA leave, or If advance notice is not possible, give notice as soon as possible writing: About your FMLA rights and responsibilities, and How much of your requested leave, if any, will be FMLA-protected You do not have to share a medical diagnosis but must provide

enough information to your employer so they can determine whether the leave qualifies for FMLA protection. You must also inform your employer if FMLA leave was previously taken or approved for the same reason when requesting additional leave.

Your employer may request certification from a health care provide to verify medical leave and may request certification of a qualifying

The FMLA does not affect any federal or state law prohibiting discrimination or supersede any state or local law or collective bargaining agreement that provides greater family or medical leave

State employees may be subject to certain limitations in pursuit of direct lawsuits regarding leave for their own serious health conditions Most federal and certain congressional employees are also covered by the law but are subject to the jurisdiction of the U.S. Office of Personnel Management or Congress.

## Attention Montana Employers What does my employer need to do? If you are eligible for FMLA leave, your employer must

Allow you to take job-protected time off work for a qualifying

on the same basis as if you had not taken leave, and

shift and location, at the end of your leave

or cooperating with a WHD investigation

leave

complaint process

WAGE AND HOUR DIVISION

UNITED STATES DEPARTMENT OF LABOR

Continue your group health plan coverage while you are on leave

Allow you to return to the same job, or a virtually identical job with

the same pay, benefits and other working conditions, including

Your employer cannot interfere with your FMLA rights or threater

or punish you for exercising your rights under the law. For example,

After becoming aware that your need for leave is for a reason that

Where can I find more information?

If you believe your rights under the FMLA have been violated, you

may file a complaint with WHD or file a private lawsuit against your employer in court. Scan the QR code to learn about our WHD

SCAN ME

WH1420 REV 04/23

Call 1-866-487-9243 or visit dol.gov/fmla to learn more.

may qualify under the FMLA, your employer must confirm whether

your employer cannot retaliate against you for requesting FMLA leave

**RE: Unemployment Insurance and** Workers' Compensation posters

**The Montana Unemployment Insurance Division and Workers' Compensation Regulation Bureau** control the distribution of these postings. As part of our promise to keep you in compliance with the Montana labor law posting requirements, we are providing the contact information to obtain these "mandatory" postings:

### **Unemployment Insurance Posting**

To obtain this posting, call (406) 444-3834 Montana Administrative Rule §24.11.2701 POSTING NOTICE TO **WORKERS** 

(1) Every employer must post and maintain a printed notice provided by the department showing that the employer is subject to Montana unemployment insurance law and has been registered by the department. This notice must be posted in conspicuous places near the locations where services are performed.

Workers' Compensation Posting This posting is only available

### **EMPLOYEE RIGHTS** UNDER THE FAIR LABOR STANDARDS ACT

## FEDERAL MINIMUM WAGE \$7\_25 PER HOUR

The law requires employers to display this poster where employees can readily see it.

- **OVERTIME PAY** At least 1½ times the regular rate of pay for all hours worked over 40 in a workweek
- An employee must be at least 16 years old to work in most non-farm jobs and at least 18 to work in non-farm jobs declared hazardous by the Secretary of Labor. CHILD LABOR Youths 14 and 15 years old may work outside school hours in various non-manufacturing, non-mining, non-hazardous jobs with certain work hours restrictions. Different rules apply in agricultural employment.
- Employers of "tipped employees" who meet certain conditions may claim a partial wage credit based on tips received by their employees. Employers must pay tipped TIP CREDIT employees a cash wage of at least \$2.13 per hour if they claim a tip credit against their minimum wage obligation. If an employee's tips combined with the employer's cash wage of at least \$2.13 per hour do not equal the minimum hourly wage, the employer must make up the difference.
- PUMP AT WORK The FLSA requires employers to provide reasonable break time for a nursing employee to express breast milk for their nursing child for one year after the child's birth each time the employee needs to express breast milk. Employers must provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by the employee to express breast milk

**ENFORCEMENT** The Department has authority to recover back wages and an equal amount in liquidated damages in instances of minimum wage, overtime, and other violations. The Department may litigate and/or recommend criminal prosecution. Employers may be assessed civil money penalties for each willful or repeated violation of the minimum wage or overtime pay provisions of the law. Civil money penalties may also be assessed for violations of the FLSA's child labor provisions. Heightened civil money penalties may be assessed for each child labor violation that results in the death or serious injury of any minor employee, and such assessments may be doubled when the violations are determined to be willful or repeated. The law also prohibits retaliating against or discharging workers who file a complaint or participate in any proceeding under the FLSA.

- ADDITIONAL · Certain occupations and establishments are exempt from the minimum wage, and/or overtime pay provisions. Certain narrow exemptions also apply to the pump at work requirements INFORMATION
  - Special provisions apply to workers in American Samoa, the Commonwealth of the Northern Mariana Islands, and the Commonwealth of Puerto Rico. Some state laws provide greater employee protections; employers must comply with both.
  - Some employers incorrectly classify workers as "independent contractors" when they are actually employees under the FLSA. It is important to know the difference between the two because employees (unless exempt) are entitled to the FLSA's minimum wage and overtime pay protections and correctly classified independent contractors are not
  - · Certain full-time students, student learners, apprentices, and workers with disabilities may be paid less than the minimum wage under special certificates issued by the Department of Labor





**MONTANA'S MINIMUM WAGE** (Effective 1/1/2024)

\$10.30\*

\*The minimum wage is subject to a cost-of-living adjustment based on the Consumer Price Index no later than September 30th of each year. Montana's minimum wage is to be the greater of the federal or current state minimum wage.

**Exception:** A business not covered by the Fair Labor Standards Act whose gross annual sales are \$110,000 or less may pay \$4.00 per hour. However, if an individual employee is producing or moving goods between states or otherwise covered by the Fair Labor Standards Act, that employee must be paid the greater of either the federal minimum wage or Montana's minimum wage.

# **EMPLOYEE RIGHTS EMPLOYEE POLYGRAPH PROTECTION ACT**

The Employee Polygraph Protection Act prohibits most private employers from using lie detector tests either for pre-employment screening or during the course of employment.

PROHIBITIONS Employers are generally prohibited from requiring or requesting any employee or job applicant to take a lie detector test, and from discharging disciplining, or discriminating against an employee or prospective employee for refusing to take a test or for exercising other rights under the

EXEMPTIONS Federal, State and local governments are not affected by the law. Also, the law does not apply to tests given by the Federal Government to certain private individuals engaged in national security-related activities.

> The Act permits polygraph (a kind of lie detector) tests to be administered in the private sector, subject to restrictions, to certain prospective employees of security service firms (armored car, alarm, and guard), and of pharmaceutical manufacturers, distributors and dispensers.

The Act also permits polygraph testing, subject to restrictions, of certain employees of private firms who are reasonably suspected of involvement in a workplace incident (theft, embezzlement, etc.) that resulted in economic loss to the employer

The law does not preempt any provision of any State or local law or any collective bargaining agreement which is more restrictive with respect to lie detector tests.

**EXAMINEE** Where polygraph tests are permitted, they are subject to numerous strict standards concerning the conduct and length of the test. Examinees have a number of specific rights, including the right to a written notice before testing, the right to refuse or discontinue a test, and the right not RIGHTS to have test results disclosed to unauthorized persons.

The Secretary of Labor may bring court actions to restrain violations and assess civil penalties against violators. Employees or job applicants ENFORCEMENT may also bring their own court actions.

THE LAW REQUIRES EMPLOYERS TO DISPLAY THIS POSTER WHERE EMPLOYEES AND JOB APPLICANTS CAN READILY SEE IT.



through your "Workers' Compensation" carrier. Montana Code §39-71-401(6): Each employer shall post a sign in the workplace at the locations where notices to employees are normally posted, informing employees about the employer's current provision of workers' compensation insurance. An employer who purposely or knowingly fails to post a sign as provided in this subsection is subject to a \$50 fine for each citation.

#### NO TIP CREDIT, TRAINING WAGE OR MEAL CREDIT IS ALLOWED IN THE STATE OF MONTANA

#### **OVERTIME PAY**

Employees who work in excess of 40 hours in a workweek must receive overtime compensation at a rate of at least 1<sup>1</sup>/<sub>2</sub> times their regular hourly rate for those hours worked over 40. There are exclusions from overtime pay. This information can be obtained by calling our office at (406) 444-6543.

#### PAYMENT OF WAGES

WHILE STILL EMPLOYED: An employee must be paid within 10 business days after the end of the pay period.

WHEN SEPARATED FROM EMPLOYMENT: When an employee quits, wages are due on the next scheduled pay day for the period in which the employee was separated, or 15 calendar days, whichever occurs first.

TERMINATED FOR CAUSE: When an employee is laid off or discharged, all wages are due immediately (within four hours or end of the business day, whichever occurs first), unless the employer has a preexisting, written policy that extends the time for payment. The wages cannot be delayed beyond the next pay day for the period in which the separation occurred, or 15 calendar days, whichever occurs first.

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

**DEPARTMENT OF LABOR & INDUSTRY** PO BOX 201503 HELENA MT 59620-1503 PHONE (406) 444-6543 EMAIL: DLIERDWage@mt.gov

> Please visit us on the web at: www.mtwagehourbopa.com

Laws specific to Montana

#### Wage Payment Act

MCA 39-3-204 Payment of wages generally. (1) Except as provided in subsections (2) and (3), every employer of labor in the State of Montana shall pay to each employee the wages earned by the employee in lawful money of the United States or checks on banks convertible into cash on demand at the full face value of the checks, and a person for whom labor has been performed may not withhold from any employee any wages earned or unpaid for a longer period than 10 business days after the wages are due and payable, except as provided in 39-3-205. However, reasonable deductions may be made for board, room, and other incidentals supplied by the employer, whenever the deductions are a part of the conditions of employment, or as otherwise provided for by law.

#### 39-3-205. Payment of wages when employee separated from employment prior to payday -- exceptions.

(1) Except as provided in subsection (2) or (3), when an employee separates from the employ of any employer, all the unpaid wages of the employee are due and payable on the next regular payday for the pay period during which the employee was separated from employment or 15 days from the date of separation from employment, whichever occurs first, either through the regular pay channels or by mail if requested by the employee.

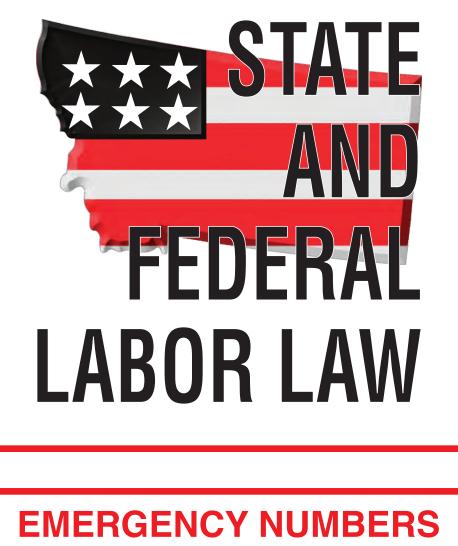
(2) Except as provided in subsection (3), when an employee is separated for cause or laid off from employment by the employer, all the unpaid wages of the employee are due and payable immediately upon separation unless the employer has a written personnel policy governing the employment that extends the time for payment of final wages to the employee's next regular payday for the pay period or to within 15 days from the separation, whichever occurs first.

(3) When an employee is discharged by reason of an allegation of theft of property or funds connected to the employee's work, the employer may withhold from the employee's final paycheck an amount sufficient to cover the value of the theft if: (a) the employee agrees in writing to the withholding; or

(b) the employer files a report of the theft with the local law enforcement agency within 7 business days of the separation from employment, subject to the following conditions:

(i) if no charges are filed in a court of competent jurisdiction against the employee for the alleged theft within 30 days of the filing of the report with a local law enforcement agency, wages are due and payable upon the expiration of the 30-day period. (ii) if charges are filed against the employee for theft, the court may order the withheld wages to be offset by the value of the theft. If the employee is found not guilty or if the employer withholds an amount in excess of the value of the theft, the court may order the employer to pay the employee the withheld amount plus interest.

For additional information contact: Montana Department of Labor, Wage & Hour Unit, 406-444-6543.



**CALL 911** 

POLICE:

MONTANA LAW PROHIBITS DISCRIMINATION & **KETALIATION** 

in employment, housing, education, public accommodations, credit, finance, insurance, & state / local government.

Discrimination is unlawful if based on one of these protected classes:





# **Job Safety and Health** IT'S THE LAW!

#### All workers have the right to:

- A safe workplace.
- Raise a safety or health concern with your employer or OSHA, or report a workrelated injury or illness, without being retaliated against.
- Receive information and training on job hazards, including all hazardous substances in your workplace.
- Request a confidential OSHA inspection of your workplace if you believe there are unsafe or unhealthy conditions. You have the right to have a representative contact OSHA on your behalf.
- Participate (or have your representative) participate) in an OSHA inspection and speak in private to the inspector.
- File a complaint with OSHA within 30 days (by phone, online or by mail) if you have been retaliated against for using your rights.
- See any OSHA citations issued to your employer.
- Request copies of your medical records, tests that measure hazards in the workplace, and the workplace injury and illness log.

This poster is available free from OSHA.

Contact OSHA. We can help.

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#### **Employers must:**

- Provide employees a workplace free from recognized hazards. It is illegal to retaliate against an employee for using any of their rights under the law, including raising a health and safety concern with you or with OSHA, or reporting a work-related injury or illness.
- Comply with all applicable OSHA standards.
- Notify OSHA within 8 hours of a workplace fatality or within 24 hours of any work-related inpatient hospitalization, amputation, or loss of an eye.
- Provide required training to all workers in a language and vocabulary they can understand.
- Prominently display this poster in the workplace.
- Post OSHA citations at or near the place of the alleged violations

On-Site Consultation services are available to small and medium-sized employers, without citation or penalty, through OSHA-supported consultation programs in every state.

AMBULANCE:	
PHYSICIAN:	
HOSPITAL:	
FIRE DEPARTMENT:	
POISON CONTROL:	
OSHA:	

#### PHYSICAL DISABILITY **MENTAL DISABILITY ANY AGE RACE / COLOR MARITAL STATUS** NATIONAL ORIGIN FAMILIAL STATUS **RFLIGION/CRFFD VACCINATION STATUS** IN HOUSING **POLITICAL BELIEFS** SEX (INCLUDING PREGNANCY, SEXUAL IN GOVERNMENTAL SERVICES OR **ORIENTATION.& GENDER ÍDENTITY)** GOVERNMENT EMPLOYMENT FOR MORE INFO CONTACT THE MONTANA HUMAN RIGHTS BUREAU P.O. BOX 1728, HELENA, MT 59624-1728 (406) 444-2884 OR 1 (800) 542-0807 (RELAY SERVICE 711) MONTANADISCRIMINATION.COM

Know Your Rights: Workplace Discrimination is Illegal

## PAY DAY NOTICE

PAY DAY IS ON:	
I MONDAY	G FRIDAY
TUESDAY	SATURDAY
UWEDNESDAY	SUNDAY
THURSDAY	

	SEMI MONTHLY
BIWEEKLY	

### **PAYCHECKS ARE ISSUED ON THE:**

AND OF THE MONTH

#### The U.S. Equal Employment Opportunity Pay (unequal wages or compensation) Commission (EEOC) enforces Federal laws that · Failure to provide reasonable accommodation for a protect you from discrimination in employment disability; pregnancy, childbirth, or related medical If you believe you've been discriminated against condition; or a sincerely-held religious belief, observance at work or in applying for a job, the EEOC may be or practice able to help. Benefits Job training Who is Protected? Classificati Referral Employees (current and former), including managers Obtaining or disclosing genetic information and temporary employees of employees Job applicants Requesting or disclosing medical informatio Union members and applicants for membership of employees Conduct that might reasonably discourage someon in a unior from opposing discrimination, filing a charge, or participating in an investigation or proceeding What Organizations are Covered? Conduct that coerces, intimidates, threatens, or inte with someone exercising their rights, or someone Most private employers assisting or encouraging someone else to exercise State and local governments (as employers) Educational institutions (as employers) rights, regarding disability discrimination (including ation) or pregnancy acco Unions Staffing agencies What can You Do if You Believe What Types of Employment Discrimination Discrimination has Occurred? are Illegal? Contact the EEOC promptly if you suspect discriminati Do not delay, because there are strict time limits for filing Under the EEOC's laws, an employer may not discriminate a charge of discrimination (180 or 300 days, depending or against you, regard dless of your immigration status, on the where you live/work). You can reach the EEOC in any of bases of the following ways: Race Submit an inquiry through the EEOC's public portal Color Religior https://publicportal.eeoc.gov/Portal/Login. National origin Sex (including pregnancy, childbirth, and related medica 1-800-669-4000 (toll free) Call conditions, sexual orientation, or gender identity) 1-800-669-6820 (TTY) Age (40 and older) 1–844–234–5122 (ASL video phone) Genetic information (including employer requests for an EEOC field office (information a or purchase, use, or disclosure of genetic tests, genetic www.eeoc.gov/field-office) services, or family medical history)

#### Retaliation for filing a charge, reasonably opposing info@eeoc.go discrimination, or participating in a discrimination lawsuit Additional information about the EEOC,

estigation, or proceeding Interference, coercion, or threats related to exercising rights regarding disability discrimination or pregnancy including information about filing a charge of discrimination, is available at www.eeoc.gov.

What Employment Practices can be **EMPLOYERS HOLDING FEDERAL** Challenged as Discriminatory? CONTRACTS OR SUBCONTRACTS

#### company with a Federal contract or subcontract, you are tected under Federal law from discrimination on the following bases

Race, Color, Religion, Sex,

Asking About, Disclosing, or

and employees of Federal contractors from discrimination

compensation or the compensation of other applicants or

based on inquiring about, disclosing, or discussing the

Section 503 of the Rehabilitation Act of 1973, as

amended, protects qualified individuals with disabilitie

from discrimination in hiring, promotion, discharge, pay

fringe benefits, job training, classification, referral, and

other aspects of employment by Federal contractors.

Disability discrimination includes not making reason

Federal contractors take affirmative action to employ

and advance in employment qualified individuals with

disabilities at all levels of employment, including the

tions of an otherwise qualified individual with a

disability who is an applicant or employee, barring undue

hardship to the employer. Section 503 also requires that

accommodation to the known physical or mental

National Origin

Discussing Pav

employees

Disability

executive level.

Protected Veteran Status

## Federal contractors under these Federal law

Any person who believes a contractor has violated mination or affirmative action obligations und OFCCP's authorities should contact immediately Sexual Orientation, Gender Identity, The Office of Federal Contract Compliance Program

(OFCCP) U.S. Department of Labor Executive Order 11246, as amended, prohibits 200 Constitution Avenue, N.W. employment discrimination by Federal contractors based Washington, D.C. 20210 on race, color, religion, sex, sexual orientation, gender 1-800-397-6251 (toll-free) identity, or national origin, and requires affirmative action to ensure equality of opportunity in all aspects o

If you are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access teleco relay services. OFCCP may also be contacted by submitting a question online to OFCCP's Help Desk at https://ofccphelpdesk.dol.gov/s/, or by calling an OFCCP regional or district office, listed in most telephon directories under U.S. Government, Department of Labo Executive Order 11246, as amended, protects applicants and on OFCCP's "Contact Us" webpage at

#### PROGRAMS OR ACTIVITIES **RECEIVING FEDERAL FINANCIAL** ASSISTANCE

https://www.dol.gov/agencies/ofccp/contac

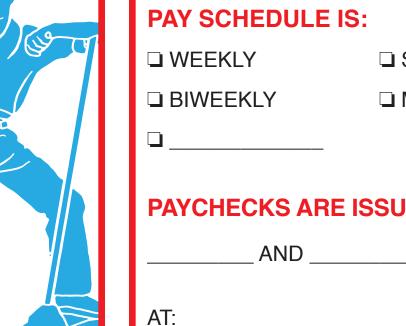
#### Race, Color, National Origin, Sex

In addition to the protections of Title VII of the Civil Right Act of 1964, as amended. Title VI of the Civil Rights Act of 1964, as amended, prohibits discrimination on the basis of race, color or national origin in programs or activities receiving Federal financial assistance. Employment nation is covered by Title VI if the primary objectiv of the financial assistance is provision of employment, or where employment discrimination causes or may cause discrimination in providing services under such programs. Title IX of the Education Amendments of 1972 prohibits employment discrimination on the basis of sex i educational programs or activities which receive Federal financial assistance

#### Individuals with Disabilities

The Vietnam Era Veterans' Readjustment Assistance Act of 1974, as amended, 38 U.S.C. 4212, prohibits employment discrimination against, and requires Section 504 of the Rehabilitation Act of 1973, as irmative action to recruit, employ, and advance in amended, prohibits employment discrimination on the mployment, disabled veterans, recently separated basis of disability in any program or activity which receive veterans (i.e., within three years of discharge or release from active duty), active duty wartime or campaign badge veterans, or Armed Forces service medal veterans.

Federal financial assistance. Discrimination is prohibited in all aspects of employment against persons with disabilities who, with or without reasonable accommodation, can



1-800-321-OSHA (6742) • TTY 1-877-889-5627 • www.osha.gov	TIME:	<ul> <li>All aspects of employment, including:</li> <li>Discharge, firing, or lay-off</li> <li>Harassment (including unwelcome verbal or physical conduct)</li> <li>Hiring or promotion</li> </ul>	The Department of Labor's Office of Federal Contract Compliance Programs (OFCCP) enforces the nondiscrimination and affirmative action commitments of companies doing business with the Federal Government. If you are applying for a job with, or are an employee of, a	complaint of discrimination, participates in an OFCCP	<ul> <li>If you believe you have been discriminated against in a program of any institution which receives Federal financial assistance, you should immediately contact the Federal agency providing such assistance. (Revised 6/27/2023)</li> </ul>
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