



RESOURCE LINKS

It is important to keep in mind that both federal and state laws may apply. This is a “snapshot” of resources and does not include all federal and state laws that may require compliance.

- **Fair Labor Standards Act**
 - Exempt [Salary]
 - <https://www.dol.gov/agencies/whd/fact-sheets/17a-overtime>
 - Meals and Meal Periods
 - <https://www.dol.gov/general/topic/workhours/breaks>
 - Overtime Pay
 - <https://www.dol.gov/agencies/whd/overtime>
- **Employee Retirement Income Security Act of 1974 [ERISA]**
 - <https://www.dol.gov/general/topic/health-plans/erisa>
 - <https://www.dol.gov/agencies/ebsa/about-ebsa/our-activities/resource-center/fact-sheets/what-is-erisa>
 - <https://www.forbes.com/advisor/retirement/erisa-employee-retirement-income-security-act/> (I cannot vouch for this source. It appears to do a good job of explaining ERISA in a more understandable manner.)
- **A Summary of Vermont Wage and Hour Laws**
 - <https://labor.vermont.gov/document/wage-and-hour-laws>
- **Vermont Earned Sick Time Law**
 - https://labor.vermont.gov/sites/labor/files/doc_library/Earned%20Sick%20Time%20FAQ%20modified.pdf
- **The Vermont Guide to Parent and Family Leave**
 - https://women.vermont.gov/sites/women/files/doc_library/Parental_Family_Leave_Guide.pdf
- **Ramsey Solutions**
 - **EntreLeadership**
 - <https://www.ramseysolutions.com/business/entreleadership/elite?snid=products.lead-your-business.entreleadership-elite>
 - **New SmartDollar Research Reveals What Companies Must Do To Compete For Workers**
 - <https://www.ramseysolutions.com/company/newsroom/releases/2022-smartDollar-employee-benefits-study>
 - **Financial Wellness**
 - <https://www.ramseysolutions.com/corporate-wellness/financial-wellness>
 - **The 2022 SmartDollar Employee Benefits Study**
 - <https://www.ramseysolutions.com/corporate-wellness/financial-wellness/resources/2022-study>
 - **Retirement Calculator**
 - <https://www.ramseysolutions.com/retirement/retirement-calculator?snid=free-tools.retirement-and-investing.retirement-calculator>