UCLA Labor Occupational Safety & Health Program

Wage and Hour Lessons

Make note of all these things to file a wage claim; Remember there is a 3-year Statue of Limitations *time may vary for written contracts and promises*

Minimum Wage and Rate of Pay

Write down any addresses where work is performed. Document any promises of higher pay.

- Overtime and Double Time

 Document the start and end time of each workday.
- Rest and Meal Breaks

 Document the start and end time of all your breaks/meals (or document if you did not get to take a break/meal).
- Late Payment Fees

 Keep your paystubs. Take screenshots of direct

deposits. Log the date and quantity of all payments.

- Last Payment Waiting Time Penalties

 Document the date of your last day of work and the date you received your final payment.
- Sick Days

 Document the dates you asked to take off if your request was denied.
- Document any and all possible employers including company, owners, supervisors and managers (name, address, and phone number).

For more information on wage claims:



For a list of employment law experts:

