

Protect Your Health Poster



Report Your Injuries and Illnesses

PROTECT YOUR HEALTH
Report Your Injuries and Illnesses

- All workers have the right to a safe workplace.
- OSHA and the U.S. Department of Agriculture, Forest Safety and Irrigation Service encourage you to report the early signs of work-related injuries and illnesses including:
 - Head pain or other headaches
 - Feeling of dizziness or fatigue
 - Tingling in the hand, wrist, or forearm
 - Feeling of tight or heavy clothing or breathing in
 - Pain or shoulder pain
- Getting medical care only for work-related injuries and illnesses can improve healing and prevent serious illness.
- You have the right to report all signs and symptoms of injuries and illnesses without fear of being disciplined, punished, fired, demoted, disciplined, or retaliated against in any way.
- Injuries and illnesses to report include cuts, bruises, skin rashes, breathing difficulties, hearing problems, back, shoulder, hand and arm pain, and signs of infectious diseases such as heat stroke/disease.
- Your employer must not try to prevent you from reporting injuries and illnesses and must be able to report these injuries and illnesses promptly.
- If you have been disciplined, punished, fired, demoted, disciplined, or retaliated against in any way for reporting the signs and symptoms of all injuries and illnesses you file for a complaint with OSHA or 1-800-321-OSHA. **This type of complaint must be made to OSHA immediately within 30 days.**
- You have the right to request an OSHA inspection if you believe that there are unsafe or unhealthy conditions in your workplace. Your request will be kept confidential. You have the right to have a representative (not an OSHA or your employer) if you have questions or need more information. Call OSHA or 1-800-321-OSHA for confidential file assistance to help file a complaint. We are here to help.

File your report

- Through your employer
- Directly to OSHA using a complaint or incident form
- Through the Bureau of Labor Statistics (BLS) or state occupational safety and health program, or one of the following:

USDA OSHA 1-800-321-OSHA (6742) www.osha.gov