

# 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's Forest Safety and Inspection Service encourage you to report the early signs of work-related injuries and illnesses including:
  - Head pain or other headaches
  - Feeling an irritation in fingers
  - Swelling in the hand, wrist, or forearm
  - Waking at night with hand numbness or tingling
  - Back or shoulder pain
- Getting medical care early for work-related injuries and illnesses can improve healing and prevent serious disease.
- You have the right to report all signs and symptoms of injuries and illnesses without fear of being discharged, punished, fired, demoted, transferred, or retaliated against in any way.
- Injuries and diseases to report include cuts, bruises, skin rashes, breathing difficulties, hearing problems, back, shoulder, hand and arm pain, and signs of infectious diseases such as fever and chills.
- Your employer must let you know how to report signs and symptoms of injuries and illness. You must be able to report these injuries and illnesses promptly.
- If you have been discharged, punished, fired, demoted, transferred, or retaliated against in any way for reporting the signs and symptoms of an injury or illness, you may file 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 contact OSHA on your behalf. If you have questions or need more information, call OSHA or 1-800-321-OSHA. We are confidential. We are here to help.

**Employers Must:**

- Provide a safe workplace.
- Keep OSHA's Office of Construction & Agriculture Safety or other OSHA office of your work location updated.
- Investigate, document, and report all cases.

USDA  
Forest Safety and Inspection Service  
OSHA  
Occupational Safety and Health  
1-800-321-OSHA (6742)  
www.osha.gov