PROTECT YOUR HEALTH
Report Your Injuries and Illnesses

- All workers have the right to a safe workplace.

- OSHA and the Food Safety and Inspection Service encourage you to report the early signs of work-related injuries and illnesses including:
  - hand pain and/or numbness,
  - locking or stiffness in fingers,
  - swelling in the hand, wrist or forearm,
  - waking at night with hand numbness or tingling, or
  - 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 disciplined, punished, fired, demoted, transferred, or retaliated against in any way.

- Injuries and illnesses to report include cuts; bruises; skin rashes; breathing difficulties; hearing problems; back, shoulder, hand and wrist pain; and signs of infectious disease such as fever and diarrhea.

- Your employer must tell you 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 disciplined, punished, fired, demoted, transferred, or retaliated against in any way for reporting the signs and symptoms of an injury or illness, you can file a complaint with OSHA at 1-800-321-6742. **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—such as a clergy member or attorney—contact OSHA on your behalf. If you have questions, or need more information, call OSHA at 1-800-321-6742. It's confidential. We are here to help.

- For more information:

EMPLOYERS MUST:

- Provide a safe workplace.
- Report any work-related fatality to OSHA within 8 hours; and report any amputation, inpatient hospitalization or loss of an eye to OSHA within 24 hours.

USDA

U.S. Department of Labor

OSHA® Occupational Safety and Health Administration

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