



Who can help you?

For accurate information about your employee rights and how to prevent an injury or a sickness at work, please visit:

National Institute for Occupational Safety and Health (NIOSH)

Protect Yourself at Work

[cdc.gov/niosh/topics/protebase/](https://www.cdc.gov/niosh/topics/protebase/)

U.S. Occupational Safety and Health Administration (OSHA)

[osha.gov/workers](https://www.osha.gov/workers)

1-800-321-6742

Your local or regional U.S. Department of Labor office

[dol.gov/dol/location.htm](https://www.dol.gov/dol/location.htm)

National Council for Occupational Safety and Health (COSH)

[coshnetwork.org](https://www.coshnetwork.org)

If you have any questions or concerns about your health or safety at work, you can contact a trusted person or organization. Other organizations, such as non-profit local organizations, community health centers, or legal support organizations, can help you find the information you need. If you are an immigrant worker, your consulate may help you. Many Latin American countries have agreements with the US Department of Labor to help immigrant workers.

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Get More Information

Find NIOSH products and get answers to workplace safety and health questions:

1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348

[cdc.gov/cdc-info](https://www.cdc.gov/cdc-info) | [cdc.gov/niosh](https://www.cdc.gov/niosh)

NIOSH monthly newsletter: [cdc.gov/niosh/eNews](https://www.cdc.gov/niosh/eNews)

DHHS (NIOSH) Publication No. 2023-114.

DOI: <https://doi.org/10.26616/NIOSH PUB2023114>

March 2023



Stand up for yourself! Protect your health and that of your coworkers.

Many times, workplaces are not safe. It is not fair, and it is against the law.

Get back home safe, sound, and with dignity!

You work hard to get ahead, but...

Your health is priceless

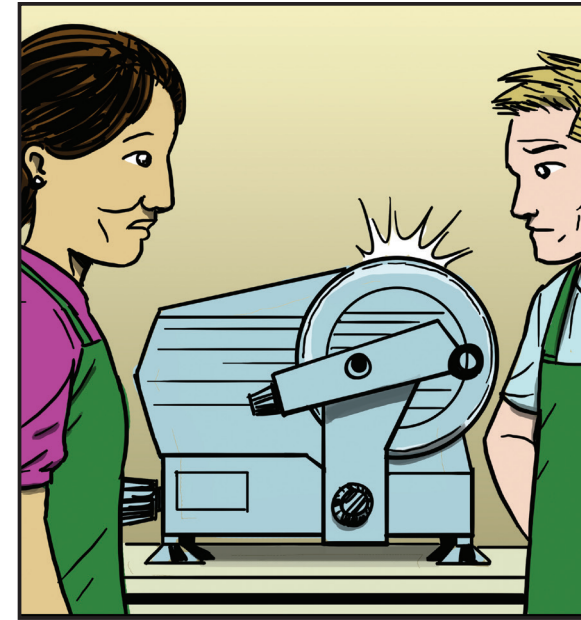
Getting help may be difficult, but you are not alone.



Enroll in any training course about safety and health. Follow the safety rules at work. Wear the personal protective equipment provided by your employer.



Go with your co-workers to talk about the risks with your supervisor. Suggest solutions.



Talk with your co-workers about risks that they have identified at work. You can work together to keep yourselves safe.



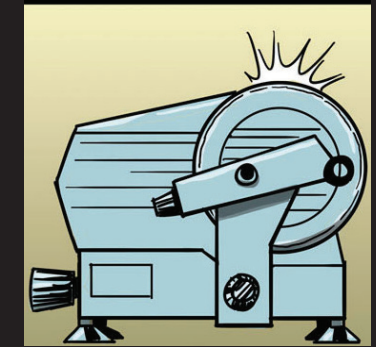
Take note of any risks you observe at work, and the date when you notice them.



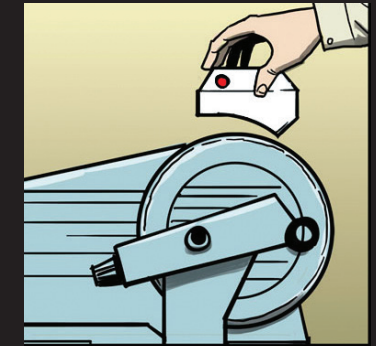
Turn to any organization mentioned at the end of this booklet for help.

Know your rights!

You have the right to:



Ask questions about any work-related risks.



Ask for protection against the risks and for resources to stay safe and healthy at work.



Work safely and protect your own life. Talk with someone if you are not safe at work.