



# IT'S THE LAW!

## Know your rights

*You have a  
right to a safe  
and healthful  
workplace*

- › You have the right to notify your employer or Oregon OSHA about workplace hazards. You may ask Oregon OSHA to keep your name confidential.
- › You have the right to request an Oregon OSHA inspection if you believe that there are unsafe or unhealthy conditions in your workplace. You or your representative may participate in the inspection.
- › You have the right to report a work-related injury or illness, without being retaliated against.
- › You can file a complaint with the Oregon Bureau of Labor and Industries within one year, or with federal OSHA within 30 days, of discrimination by your employer for making safety and health complaints or for exercising your rights under the Oregon Safe Employment Act.
- › Anyone who wants to register a complaint about the administration of the Oregon Safe Employment Act can do so by contacting:

**U.S. Department of Labor  
OSHA Region X  
1111 Third Ave., Suite 715  
Seattle, WA 98101-3212  
206-553-5930**

- › You have a right to see Oregon OSHA citations issued to your employer. Your employer must post the citations at the workplace.
- › Your employer must correct workplace hazards by the date indicated on the citation and must certify that these hazards have been reduced or eliminated.
- › You have the right to copies of your medical records or records of your exposure to toxic and harmful

**1-800-922-2689  
osha.oregon.gov**



**File a complaint  
with Oregon  
OSHA**



**Know your  
retaliation  
rights**

FOR MORE INFORMATION, copies of the Oregon Safe Employment Act, specific safety and health standards, advice or assistance, call:

<b>Salem Central Office</b> .....	<b>503-378-3272</b>
<b>Bend</b> .....	<b>541-388-6066</b>
<b>Eugene</b> .....	<b>541-686-7562</b>
<b>Medford</b> .....	<b>541-776-6030</b>
<b>Pendleton</b> .....	<b>541-276-9175</b>
<b>Portland</b> .....	<b>503-229-5910</b>
<b>Salem</b> .....	<b>503-378-3274</b>



***Display this poster where all  
your workers can see it!***

**Oregon Administrative Rule 437-001-275(2)(a).**

440-1507 (12/21/COM)

substances or conditions. Additionally, you may request the workplace injury and illness log.

- You have the right to know about hazardous substances used in your workplace.

The Oregon Safe Employment Act of 1973 provides job safety and health protection for workers through the promotion of safe and healthful working conditions throughout the state. The Oregon Occupational Safety and Health Division (Oregon OSHA) of the Department of Consumer and Business Services has the primary responsibility for administering the act.

Oregon OSHA issues occupational safety and health standards, and its trained safety and health compliance officers conduct job-site inspections to ensure compliance with the Oregon Safe Employment Act.

Oregon OSHA has a staff of trained safety and health professionals available to work with businesses in all industries to improve workplace safety and health.

**Consultations and training opportunities are available at no charge to Oregon businesses by calling any of the phone numbers listed.**

***This free poster is available from Oregon OSHA  
— It's the law! —***