All workers have the right to:

• A safe workplace.
• Receive safety and health information and training.
• Receive fair treatment and protection from unlawful discrimination and retaliation.
• File a complaint with OSHA within 30 days of a workplace incident (by phone, online, or by mail) if you have been subjected to unlawful discrimination.

Employers must:

• Provide employees with a workplace free from recognized hazards.
• Be illegal to retaliate against an employee for using any of their rights under the laws, including raising a health or safety concern with you or with OSHA, or reporting a workplace injury or illness.
• Comply with all applicable OSHA standards.
• Notify OSHA within 8 hours of a workplace fatality, or within 24 hours of an incident resulting in hospitalization, major amputation, or inpatient care for 24 hours.
• Provide training to all workers in a language and vocabulary they can understand.
• Post OSHA citations at or near the place of the alleged violation.

On Site Consultation Services are available to small and medium-sized employers, with citations leading to consultation and OSHA-supported consultation programs in every state.