



SEIU Local 26: Know your Rights

Building Power at Work and in our Communities

Educational on Health and Safety/Workers Comp

“Every single day in 2012, 15 US workers died from on the job injuries and 12,877 non-fatal injuries and illnesses were reported. About 1 in 25 workers is being injured or made ill on the job every year” -US Bureau of Labor Statistics

What are our Health and Safety Goals?



Discussion Questions

1. How common are stories of injuries at your worksite? What is the impact on you and your family?
2. How do the different goals of bosses and workers for health and safety impact your worksite?
3. Why are these kinds of problems happening? Who benefits from this situation?

Know Your Rights

Workers compensation

What to do if you're injured at work



- Immediately report the injury to your supervisor or manager – get a copy of the First Report of Injury
- Seek medical attention – this should be charged to the claim number you get from the company. Your employer should not pay medical bills directly
- Provide any restrictions to your employer immediately – keep employer informed of your plans to return to work
- Save copies of all workers' compensation related documents, including documents from your employer, the insurance company and your treatment providers
- Keep track of your mileage

If your employer is not cooperating, contact the union and you may need to get a workers comp lawyer.

OSHA complaints

The [Occupational Safety and Health Act of 1970](#) gives employees and their representatives the right to file a complaint and request an OSHA inspection of their workplace if they believe there is a serious hazard or their employer is not following OSHA safety standards.

Some standards include:



- all chemicals are labeled and you are given appropriate safety equipment to handle them.
- Safety training in a language you understand.
- Access to fire exits

The Act gives complainants the right to request that their names not be revealed to their employers, and any worker who make a report is protected against retaliation by Federal law.

To file, Go to the Online [Complaint Form](https://www.osha.gov/pls/osha7/eComplaintForm.html) (<https://www.osha.gov/pls/osha7/eComplaintForm.html>), or Telephone - OSHA staff can discuss your complaint and respond to any questions you have. If there is an emergency or the hazard is immediately life threatening, call your local OSHA office (715) 832-9019(715) 832-1147 FAX or 1-800-321-OSHA.

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