

How Workers Can Take Action for Health and Safety

Get informed, keep records

Examples:

- Get workers' rights materials or attend trainings
- Find out about organizations and government agencies that could help you
- Keep good records of: workplace hazards, injuries, illnesses, and communication with your employer

Get help from people you trust

Examples:

- Share concerns with a trusted co-worker, friend, family member, health provider, etc.
- Get help from a community group, worker center, union, or legal aid organization



Keep good records.



Get help and information from a trusted organization.

Protect yourself in the workplace

Examples:

- Follow practices that keep you safe such as wearing a mask to protect against COVID-19, getting help if a customer is aggressive, taking your breaks, and getting help to lift heavy objects

Offer the employer information or help

Examples:

- Give the employer information about best practices, such as safer disinfecting products
- Suggest safer ways to do the work
- Suggest better tools, equipment, or gear
- Talk with the employer about how a safe and healthy workplace is good for workers, clients, and the business

Join an organization or campaign

Examples:

- Join a union, worker center, or community group trying to improve working conditions
- Join campaigns to encourage businesses, government, or consumers to support workers
- Recruit others to the organization or campaign

File a claim or get legal help

Examples:

- File a claim with a government agency such as Cal/OSHA; some community groups can help with this
- Consult with legal services about your situation and that of your co-workers

Ask the employer to make a change

Examples:

- Join with other workers to ask the employer to make a change
- Ask for a specific change such as removing a hazard, providing training, supporting injured workers, etc.
- Get advice from a community group on how to protect yourself from retaliation



Tell your employer about your concerns and ask for a change.