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### How to File a Complaint

File a **discrimination** complaint if your employer has retaliated against you for exercising your [rights as a worker](#). If you have been punished or discriminated against for exercising your rights under the OSH Act, you must file a complaint with OSHA **within 30 days of the alleged reprisal**. In states with approved state plans, employees may file a complaint under the OSH Act with both the [State Plan](#) and [Federal OSHA](#).

If you are filing a complaint under any other whistleblower statute enforced by OSHA, the time limit for filing varies by statute. Refer to the [Summary of OSHA Whistleblower Statutes](#) to determine the time limit that applies to your complaint.

You may file your discrimination complaint using any of these filing options:

#### ORALLY

1. **Call** your local [OSHA Regional or Area Office](#). OSHA staff can discuss your complaint with you and respond to any questions you may have.

#### WRITTEN

2. **ONLINE** - Use the [Online Whistleblower Complaint Form](#) to submit your complaint to OSHA. Complaints received online from workers located in States with OSHA-approved state plans will be forwarded to the appropriate state plan for response.
3. **DOWNLOAD** the [Notice of Whistleblower Complaint Form \(OSHA 8-60.1\)](#), complete it, and then fax, mail, or hand-deliver the completed form to your local OSHA Regional or Area Office.
4. You may also send a letter describing your complaint to your local [OSHA Regional or Area Office](#). Please include your name, address and telephone number so we can contact you to follow up.

#### IN ANY LANGUAGE

OSHA will accept your complaint in any language.

OSHA conducts an interview with each complainant to determine the need for an investigation. If evidence supports the worker's claim of discrimination, OSHA will ask the employer to restore the worker's job, earnings and benefits.

The procedures for investigations of discrimination complaints are contained in the OSHA Whistleblower Investigations Manual: [CPL 02-03-003](#) [PDF\*, 1.0 Mb]

**\*Accessibility Assistance:** Documents posted on these pages that are not HTML formatted are available as text-enabled PDF documents and are noted accordingly. If additional assistance is needed with reading/reviewing the documents please contact Bob Patterson at (202) 693-2129.

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