

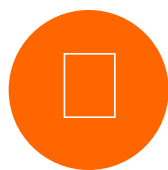


# How to File a Safety and Health Complaint

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 standards. Workers do not have to know whether a specific OSHA standard has been violated in order to file a complaint. **The complaint should be filed as soon as possible after noticing the hazard or lack of compliance because OSHA citations may only be issued for violations that currently exist or existed in the past 6 months.**

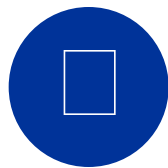
Complaints from workers or their representatives are taken seriously by OSHA. **OSHA will keep your information confidential.**

## COMPLAINT FILING OPTIONS



**Online** – Go to the Online [Complaint Form](#)

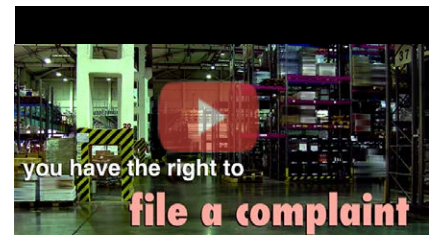
Written complaints that are signed by workers or their representative and submitted to an OSHA Area or Regional office are more likely to result in onsite OSHA inspections. Complaints received on line from workers in OSHA-approved state plan states will be forwarded to the appropriate state plan for response.



**Fax/Mail** - Download the OSHA [complaint form \[En Espanol\]](#) (or request a copy from your local [OSHA Regional or Area Office](#)).

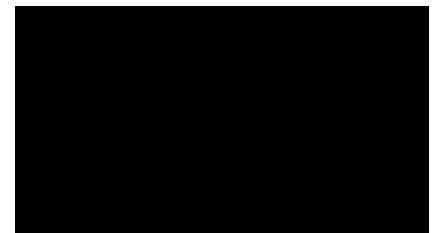
Complete it and then fax or mail it back to your local OSHA Regional or Area Office. Written complaints that are signed by a worker or representative and submitted to the closest OSHA Area Office are more likely to result in onsite OSHA inspections. Please include your name, address and telephone number so we can contact you to follow up.

## VIDEOS



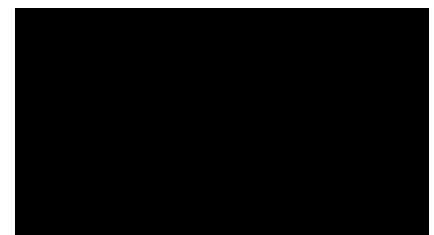
**Filing a Complaint with OSHA**

[English](#) | [Spanish](#)



**Know Your Rights**

[English](#) | [Spanish](#)

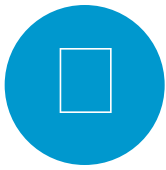


**Young Workers' Rights**

[English](#) | [Spanish](#)

## OSHA NEWS

Enter your email address below to subscribe to *QuickTakes*, OSHA's bimonthly eNewsletter



**Telephone** – your local [OSHA Regional or Area Office](#).

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 Regional or Area Office](#) or 1-800-321-OSHA.**

## RELATED INFORMATION

- Learn more about your [rights](#) as a worker.
- You can [file a whistleblower complaint](#) if your employer has retaliated against you for exercising your rights as a worker.



## UNITED STATES DEPARTMENT OF LABOR

Occupational Safety and Health Administration  
200 Constitution Ave., NW,  
Washington, DC 20210  
☐ 800-321-6742 (OSHA)  
TTY  
[www.OSHA.gov](http://www.OSHA.gov)

### FEDERAL GOVERNMENT

White House  
Affordable Care Act  
Disaster Recovery Assistance  
USA.gov  
Disability.gov  
Plain Writing Act  
Recovery Act  
No Fear Act  
U.S. Office of Special Counsel

### OCCUPATIONAL SAFETY AND HEALTH

Frequently Asked Questions  
A - Z Index  
Freedom of Information Act  
Read the OSHA Newsletter  
Subscribe to the OSHA Newsletter  
OSHA Publications  
Office of Inspector General

### ABOUT THE SITE

Freedom of Information Act  
Privacy & Security Statement  
Disclaimers  
Important Web Site Notices  
Plug-ins Used by DOL  
RSS Feeds from DOL  
Accessibility Statement