

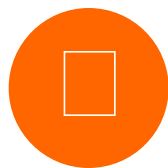


How to File a Safety and Health Complaint

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.**

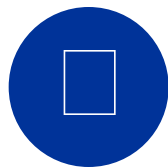
Complaints from workers or their representatives are taken seriously by OSHA. **OSHA will keep your information confidential.**

COMPLAINT FILING OPTIONS



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

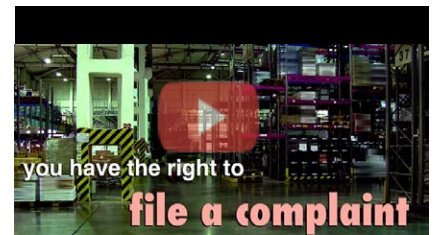
Written complaints that are signed by workers or their representative and submitted to an OSHA Area or Regional office are more likely to result in onsite OSHA inspections. Complaints received on line from workers in OSHA-approved state plan states will be forwarded to the appropriate state plan for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



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

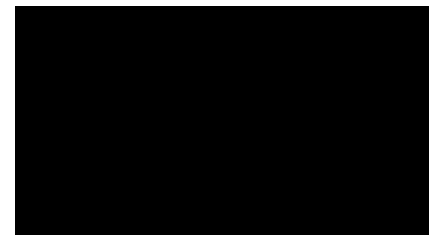
Complete it and then fax or mail it back to your local OSHA Regional or Area Office. Written complaints that are signed by a worker or representative and submitted to the closest OSHA Area Office are more likely to result in onsite OSHA inspections. Please include your name, address and telephone number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

VIDEOS



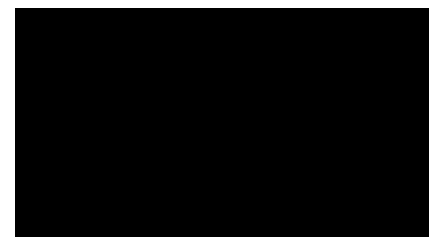
Filing a Complaint with OSHA

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



Know Your Rights

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

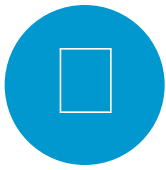


Young Workers' Rights

[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

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OCCUPATIONAL SAFETY AND HEALTH

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