



Workers / File a Complaint

## File a Complaint



Employees have a right to file a safety and health complaint or a whistleblower complaint. Find out more below about how to file each type of complaint.

### How to File a Safety and Health Complaint

You (or your representative) have the right to file a confidential safety and health complaint and request an OSHA inspection of your workplace if you believe there is a serious hazard or if you think your employer is not following OSHA standards. The complaint should be filed as soon as possible after noticing the hazard. A signed complaint is more likely to result in an onsite inspection.



**Online - Use the Online Complaint Form**

Submit your complaint online to OSHA.



**Fax/Mail/Email - Complete the OSHA Complaint Form [En Español], or Send a Letter Describing Your Complaint**

Complete the complaint form or letter, and then fax, mail, or email it back to your local OSHA office.



**Telephone - Call Your Local OSHA Office or 800-321-6742 (OSHA)**

OSHA staff can discuss your complaint with you and respond to any questions you may have.



**In Person - Visit Your Local OSHA Office**

OSHA staff can discuss your complaint with you and respond to any questions you may have.

### How to File a Whistleblower Complaint

You have the right to file a whistleblower complaint with OSHA if you believe your employer retaliated against you for exercising your rights as an employee under the whistleblower protection laws enforced by OSHA. In states with OSHA-approved State Plans, employees may file complaints with Federal OSHA and with the State Plan. See the Whistleblower Protection Program website to learn more.



**Online - Use the Online Whistleblower Complaint Form**

Submit your complaint online to OSHA.



**Fax/Mail/Email - Complete the Online Whistleblower Complaint Form, or Send a Letter Describing Your Complaint**

Fax, mail, or email either a letter describing your complaint or a printed copy of your completed Online Whistleblower Complaint Form to your local OSHA office. Please make sure that your correspondence includes your name, mailing address, email address, and telephone or fax number so we can contact you to follow up.



**Telephone - Call Your Local OSHA Office or 800-321-6742 (OSHA)**

OSHA staff can discuss your complaint with you and respond to any questions you may have.



**In Person - Visit Your Local OSHA Office**

OSHA staff can discuss your complaint with you and respond to any questions you may have.

### Frequently Asked Questions

See questions on Safety and Health Complaints or Whistleblower Complaints.

Other Resources



Video: Filing a Complaint with OSHA  
English | Spanish



Video: Know Your Rights  
English | Spanish

