

# 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 under section 11(c) of the Occupational Safety and Health Act with [Federal OSHA](#) and with the [State Plan](#) under its equivalent statutory provision.

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## ^ Time Limits for Filing a Complaint

OSHA administers more than 20 whistleblower statutes, with varying time limits for filing. The time frame for filing a complaint begins when the adverse action, such as a firing, occurs and is communicated to the employee. The varying time frames are as follows:

### 30 Days

- Section 11(c) of the Occupational Safety and Health Act (OSH Act)
- Clean Air Act (CAA)
- Comprehensive Environmental Response, Compensation and Liability Act (CERCLA)
- Federal Water Pollution Control Act (FWPCA)
- Safe Drinking Water Act (SDWA)
- Solid Waste Disposal Act (SWDA)
- Toxic Substances Control Act (TSCA)

### 60 Days

- International Safe Container Act (ISCA)

### 90 Days

- Asbestos Hazard Emergency Response Act (AHERA)