



You work hard to  
get ahead, but...

**Your health  
is priceless**



## **What would you do...**

if you got hurt or sick and you couldn't support your family?

***Do not risk your safety and health at work.***



# You are not alone



You are entitled to a safe place to work. But, it can be difficult to stay safe at work.



Talk with your co-workers about risks that they have identified at work. You can work together to keep yourselves safe.



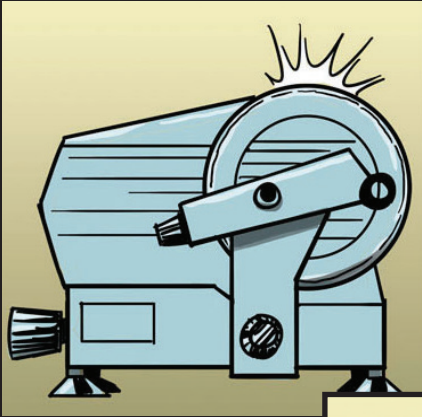
Turn to any organization mentioned at the end of this booklet for help.



Go with your co-workers to talk about workplace risks with your supervisor. Suggest solutions.

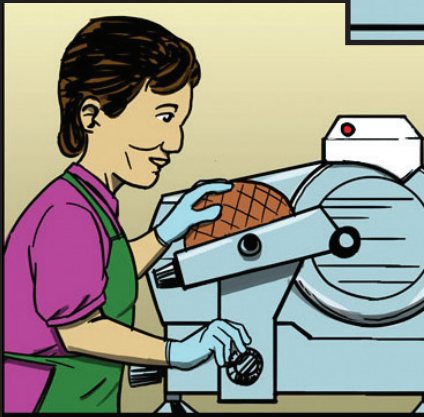
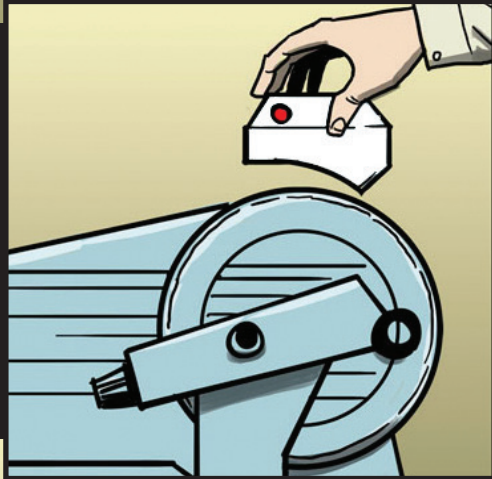
# Know your rights!

*You have the right to:*



Ask questions about any work-related risks.

Ask for protection against the risks and for resources to stay safe and healthy at work.



Work safely and protect your own life. Talk with someone if you are not safe at work.

***Get back home safe, sound, and with dignity!***

# Who can help you?

For accurate information about your employee rights and how to prevent an injury or a sickness at work, please visit:

## **National Institute for Occupational Safety and Health (NIOSH) Protect Yourself at Work**

[cdc.gov/niosh/topics/protebase/](https://www.cdc.gov/niosh/topics/protebase/)

## **U.S. Occupational Safety and Health Administration (OSHA)**

[osha.gov/workers](https://www.osha.gov/workers)

1-800-321-6742

## **Your local or regional U.S. Department of Labor office**

[dol.gov/dol/location.htm](https://www.dol.gov/dol/location.htm)

## **National Council for Occupational Safety and Health (COSH)**

[coshnetwork.org](https://www.coshnetwork.org)

If you have any questions or concerns about your health or safety at work, you can contact a trusted person or organization. Other organizations, such as non-profit local organizations, community health centers, or legal support organizations, can help you find the information you need. If you are an immigrant worker, your consulate may help you. Many Latin American countries have agreements with the US Department of Labor to help immigrant workers.

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## **Get More Information**

Find NIOSH products and get answers to workplace safety and health questions:

1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348

[cdc.gov/cdc-info](https://www.cdc.gov/cdc-info) | [cdc.gov/niosh](https://www.cdc.gov/niosh)

NIOSH monthly newsletter: [cdc.gov/niosh/eNews](https://www.cdc.gov/niosh/eNews)

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# Coloring page for your kids

