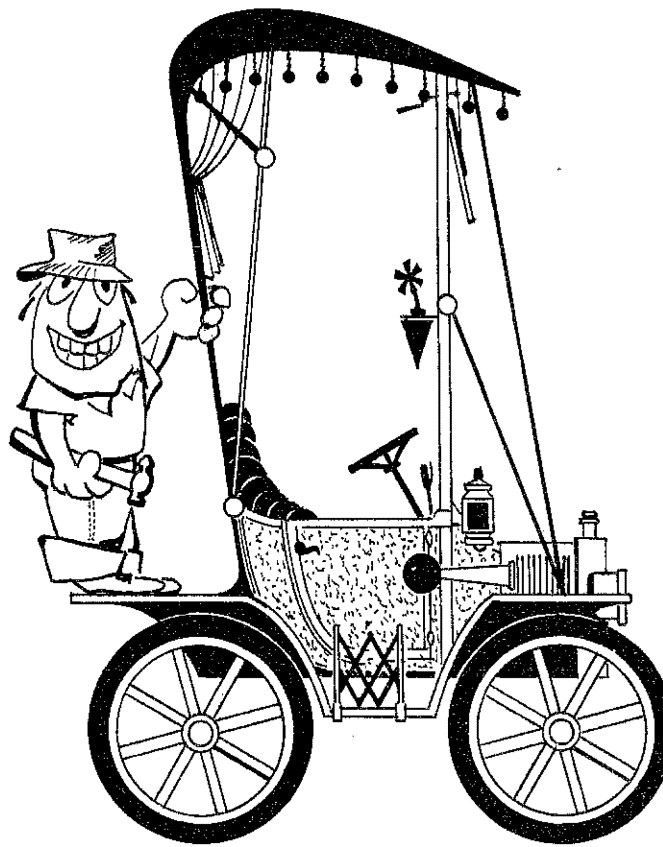
## GOOD PRACTICES FOR EMPLOYEES

# AUTO BODY REPAIR SHOPS



U. S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
Public Health Service
Center for Disease Control
National Institute for Occupational Safety and Health

# SAFETY AND HEALTH IN AUTO BODY REPAIR SHOPS

*Good Practices for Employees*

**DHEW (NIOSH) Publication No. 77-229**

U.S. Department of Health, Education, and Welfare
Public Health Service
Center for Disease Control
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# introduction

This book is for workers in auto body repair shops, car and truck dealerships, truck fleet maintenance depots, and similar places of work. It is a brief guide to good health and safety practices for your job.

The goal of this book is to acquaint you with the health and safety hazards in the typical auto body repair shop, and to make you more aware of good health and safety practices. By learning and using what you read here, you'll be better equipped to protect yourself from illness, injury, and loss of income.

# recognizing hazards

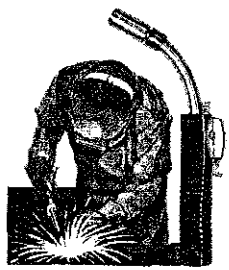
## *housekeeping*


Good housekeeping is one way to prevent accidents. As fast as junk parts are removed, put them in the right place. Get them out of the aisles, walkways, and your work area.

The jagged edges of mangled fenders, decks, and quarter panels can be razor sharp. If left lying around in your work area, these parts can cut you seriously. There's a high risk of infection from these cuts, too—those old parts are usually rusted and covered with grease, tar, salt, and other substances. Wear gloves when you handle these junk parts and keep your tetanus shots up to date.

Grease, oil, water, and other liquids spilled on the floor can cause serious slipping hazards. Clean up these spills immediately. Painted floors are especially hazardous when spills occur unless they are skid resistant.

## *welding*



Before you cut or weld, you must have training in the safe operation of the equipment. Follow the rules of your shop, the manufacturer's instructions, and the suggestions in this section and you'll be welding safely. If you are an arc welder or work near arc welding, you may be exposed to infrared and ultraviolet radiation from the arc. Eye exposure to ultraviolet radiation can result in "welder's flash" or "arc eye", an irritation which feels like sand in the eyes. Such burns are very painful and repeated exposure may cause permanent eye injury.

Overexposure to ultraviolet radiation may also cause severe skin burns. Infrared radiation from the melting metal produces a sensation of burning on the skin. It is usually not strong enough to cause permanent damage.

If you arc weld, you must wear a welding helmet with appropriate dark lens shade. Tinted goggles should be worn if you work close to arc welding. A helmet, goggles, or face shield can protect your eyes from sparks or flying debris, too. Use ear plugs made of mineral wool to prevent sparks from entering your ears.

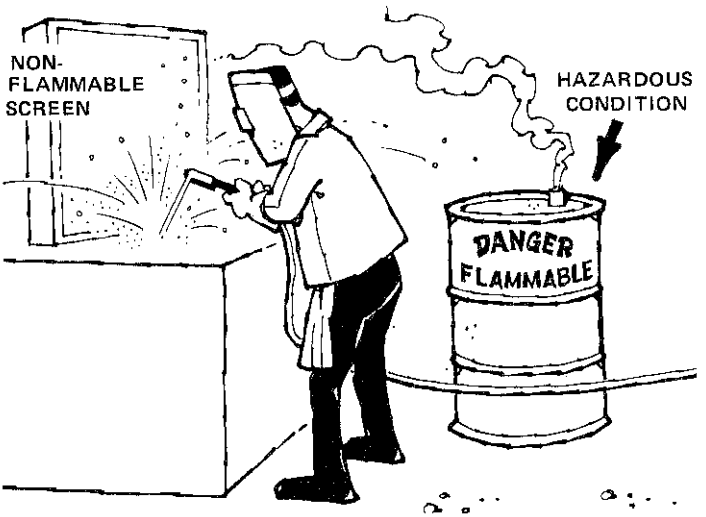
Other protective equipment you should wear as needed includes flameproof gauntlet gloves for doing heavy welding, fire resistant leggings or high boots, and flameproof aprons. Wear woolen clothing rather than cotton. Wool will not deteriorate as fast, is less flammable, and will protect you better from the changes in temperature.

Here is a list you can use to check your welding habits. This may be the way you always do things around your shop, but it's a good idea to check the list to make sure you haven't forgotten anything.

*General Welding* (gas and electric arc)

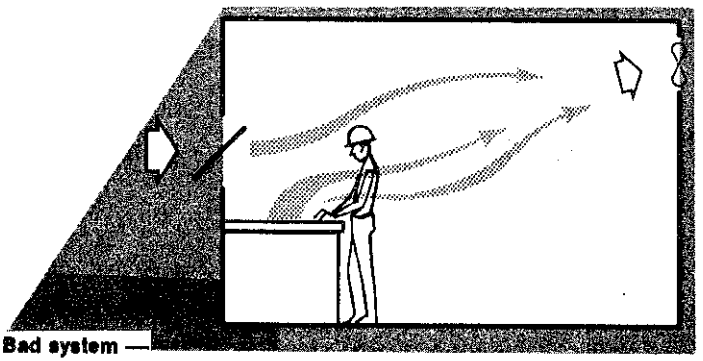
- Inspect all equipment regularly. Replace worn, leaky, or burned gas hoses and damaged cables and connections right away.

- Don't weld or cut near explosive liquids or vapors, dirty gas tanks, oil barrels, or open drums of flammable liquids.




- Do all welding behind flame resistant screens or in booths to protect other workers from flying sparks and flash burns.

- Don't weld without adequate ventilation. Arrange your work so that the moving air pulls the fumes away from you, not past you.



**Bad system — incoming air draws vapors past worker. Moving the bench would help.**

- Wear flame resistant clothing while welding. (Don't wear clothing which is splashed with oil.) Wear protective gloves and apron.

- Wear special tinted goggles when welding or working near welding.

- Have a fire extinguisher, pails of water, or sand located near the welding area. (A fire extinguisher mounted on the welding cart is a good idea.)

- Mark hotwork either with a sign or with chalk on the work itself.

- Store welding equipment securely when not in use.

*Gas Welding*

- Tank storage areas must be isolated, protected, ventilated, dry, and removed from any heat source.

- Store oxygen tanks and welding gas tanks at least 20 feet apart or separate them with a flame resistant barrier at least 5 feet high.

- Keep oxygen tanks at least 35 feet away from oil, oil pits, and grease.

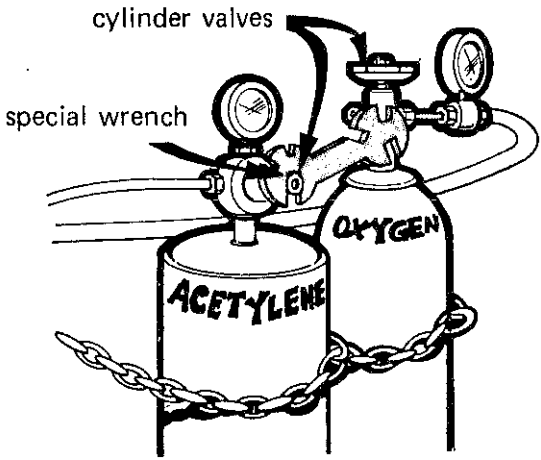
- Keep tank valve caps in place when tank is not connected for use.

- Shut tank valves off tightly when not in use.

- Know the manufacturers' color codes for gas tanks, so that you'll know what gas is inside each tank.

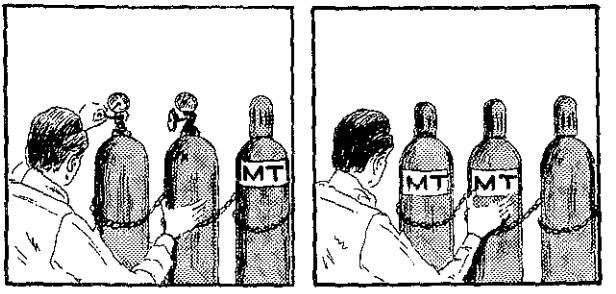
- Don't use acetylene with the tank pressure more than fifteen pounds gauge (15 psig).

- Leave the shutoff wrench on the stem of the valve (especially for manifolded or coupled tanks).



- Secure all tanks with a chain, strap, etc., so they can't fall down.

- Mark empty tanks "MT", close the valves, and replace valve caps securely.




*Electric Arc Welding*

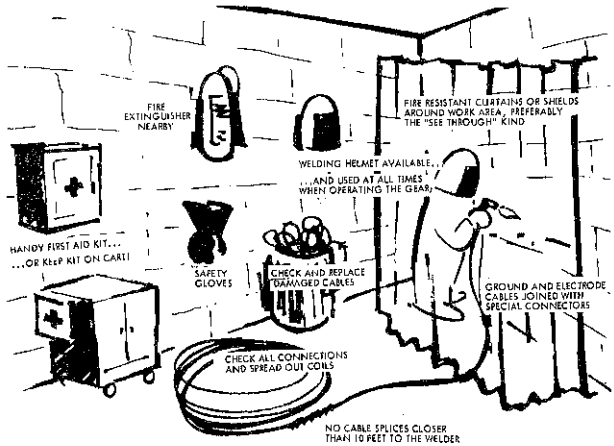
- Spread out the cables while work is being done.

- Ground and electrode cables must be joined by special connectors.

- No splices are allowed in the cable within 10 feet of the electrode holder.

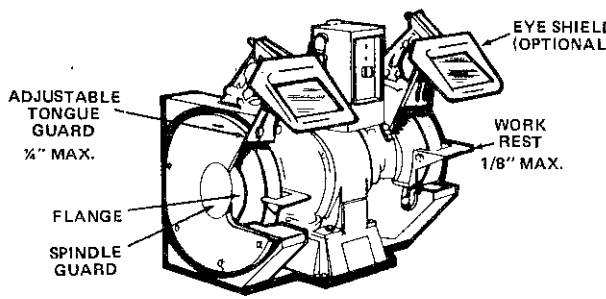
- To avoid electrical shock, check all connections, ground the workpiece, don't weld in wet locations, and don't use wet machines until they are dry and tested.

- Store electrode holders in a safe location, away from objects which conduct electricity.




## *grinders*

The grinders in your shop must be guarded to prevent injury to you if the wheel breaks. A bench or pedestal grinder must have safety guards which cover at least three-fourths of the outside of the wheel. There must be an adjustable work or tool rest which is always kept within 1/8 inch of the wheel. The tongue guard must be kept within 1/4 inch of the wheel.



Portable grinders should have top and side guards, exposing only the surface area of the wheel necessary for grinding.

In some cases when you're grinding, local ventilation may be necessary. Sometimes you may have to wear a respirator. You should **always** wear eye and face protection (goggles and a face shield) while grinding.

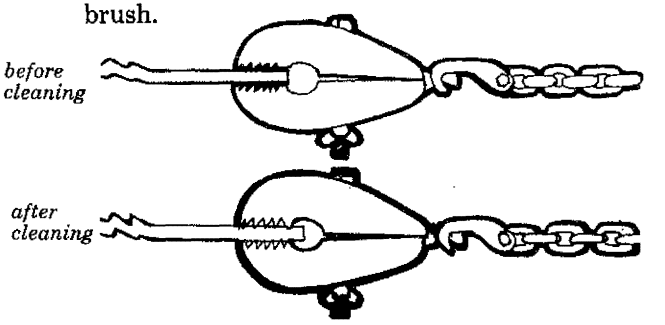
## *hydraulic jacks*

The hydraulic jack is one of the most useful tools in a body shop. But, whether you use it as a frame straightener or as a simple body lift, a jack can be as dangerous as it is useful.

**Pulling:** When using the jack for pulling jobs, the clamp or chain may let go for several reasons: the clamp teeth may be unclean or worn; the clamp may have been fastened to undercoating rather than the metal itself; the clamp may not have been tightened enough; the metal may give way, especially when you are pulling a rusted panel; the chain or clamp may break.

Follow these safety rules before starting a pulling job:

- Clean the teeth of clamps regularly with a wire brush.



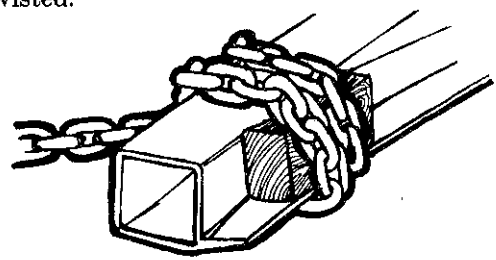
- Inspect clamps and chains for wear before use. Replace the clamp if its teeth are worn. Replace the chain if it is nicked or otherwise damaged. All chains should be replaced at regular intervals, regardless of wear.

- Make sure all undercoating is removed where the clamp is attached.

- When the clamp is to be attached to a rusted panel, tack weld a metal brace to the panel for support.

- Have the car on its wheels or bolted to mobile safety stands when pulling. This will prevent the car from falling off the stand during the pull.

- Wrap the chain around a frame member several times. This will spread the load over as many links as possible. Make sure the chain isn't twisted.



- If the chain links are drawn across sharp corners, provide padding for the links so that they won't break when you start to apply pressure.

- Make sure the chain hook is connected to a link with a firm grip. Test it before applying hydraulic pressure.

- Cover the chain and clamp with a heavy blanket before starting the pull. They'll be less likely to fly back at you if a slip or break occurs.

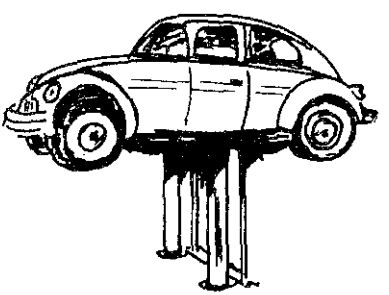
- Stand to either side of the jack—never directly behind it. Make sure all others are clear of the jack before starting the pull.

- If possible, stand behind a strong acrylic plastic or safety glass shield during all but the lightest pulls.

- Make sure all body attachments are screwed on tightly. Be careful not to damage the threads on the attachments.

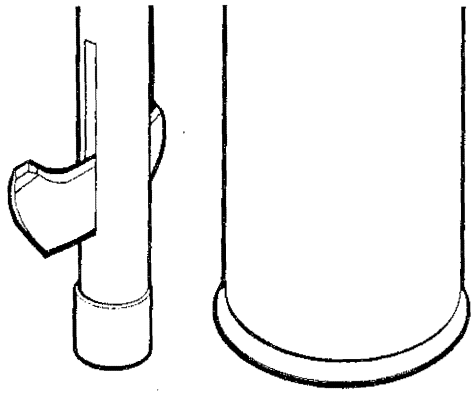
**Lifting:** Working on a car held up by only a hydraulic jack can lead to a serious accident. Always use your "horses" or jack stand. They'll keep the car from falling on you if the jack is accidentally released. Check and recheck all safety devices and latches on hydraulic jacks. Don't try to bypass them.

### *hydraulic lifts*



You should take certain precautions when operating a hydraulic lift. Stand to one side of the car as it is being driven into position on the lift. The load should be resting squarely on the lift. Close the car doors, hood, and trunk and make sure

there is no one inside before you raise the car. Know the load limits of your lift and adapter and be certain you don't overload them. Don't lock the hoist controls in the open or shut position—they should be operated manually. Your lift should be equipped with a mechanical locking device.



Make certain the device is in place when the lift is up.

Don't use the lift if it

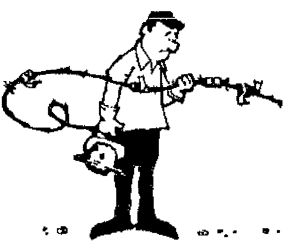
- jerks or jumps when raised,
- slowly settles down after being raised,
- slowly rises, either when in use or when not in use,
- comes down very slowly,
- blows oil out of the exhaust line, or
- leaks oil at the packing gland.

Tell your supervisor if you notice any of these problems.

## *hand tools*

You use many kinds of hand tools, both powered and manual, in a body shop. Most hand power tools use electric, hydraulic, or pneumatic energy as the driving power. Most of them are great labor-saving devices—but most of them can be dangerous if they're not operated in the right way, or are used for the wrong job. You'll be safe if you follow these rules for using hand power tools.

- Choose the right tools for the job.
- Read the directions or be instructed in the proper use and care of the tools.
- Know what the tools can and can't do, and know what the possible dangers are.
- Remove adjusting keys and wrenches before turning the tools on.
- Never use electric tools that have frayed or worn power cords.

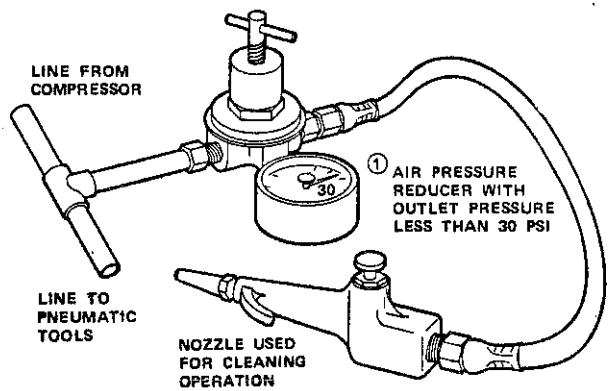


- To prevent an electric shock, all of your tools must have a ground connection or be double-insulated. The ground wire is usually a part of the plug. Don't cut off that third prong just because it's inconvenient, and don't use an ungrounded adapter.

- Clean up liquid spills right away and don't drag power cords through spills or puddles of water.

- Inspect compressed air hoses regularly and immediately replace any which are cracked, worn, or frayed. Make sure air pressure reducers, gauges, and moisture/dirt traps are clean and functioning.

- All compressed air used for cleaning must be reduced to below 30 psi whenever the nozzle is dead-ended.




- Never use compressed air to clean yourself or another person.

- Keep chip guards and other protective devices in place.

- Wear safety glasses, dust or face masks, or other protective clothing, if needed. Eye protection is especially important when using compressed air.

- Don't wear loose clothing that can be caught in moving parts.


- Don't try to get around a "dead man" switch. Test to see if releasing the switch cuts off power automatically. If not, don't use the tool.

- Keep your work area clear of tripping hazards.

- Power tools aren't toys. Horseplay is dangerous—don't try it.

## *air contaminants*

You may be exposed to fumes, dusts, greases, and vapors from welding and cutting, grinding and cleaning parts, spray painting, the running of internal combustion engines, and other jobs.

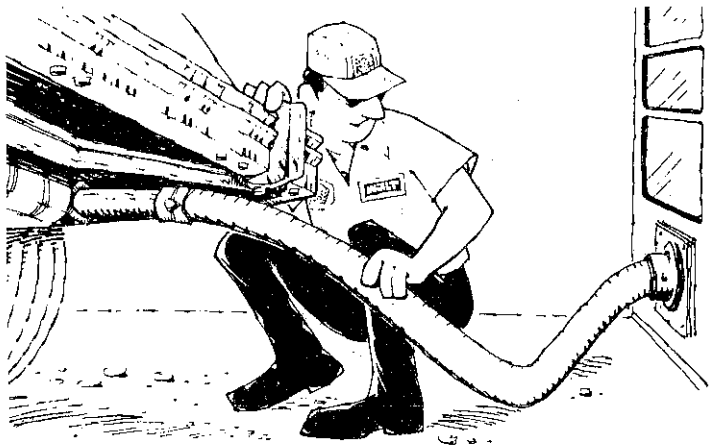
### *Welding*

Air contaminants may come from the components of the welding rods, oxides of the metals and alloys being joined, solders and fluxes, paints (when heated by the torch), and

from the action of the electric arc through air during arc welding. This makes good ventilation very important during welding. For instance, fumes from metals such as cadmium, copper, nickel, and zinc can produce metal fume fever. The symptoms are similar to flu, including dryness of the nose and throat, weakness, fatigue, muscular and joint pain, fever, chills, and nausea. You may also notice a metallic taste in your mouth. These symptoms usually occur a few hours after exposure and last less than 24 hours. Even a brief exposure to cadmium fumes can produce severe lung irritation.

*Carbon Monoxide (CO)*

Auto exhaust and space heaters are two sources of the deadly gas, carbon monoxide. Symptoms of overexposure to carbon monoxide include a dull headache, dizziness, a ringing in the ears, nausea, and pounding of the heart. It is important that good ventilation be provided in areas where carbon monoxide may be a problem.



For automobiles, a tailpipe exhaust system is recommended. Gas-fueled space heaters can also be a source of carbon monoxide. They should be inspected to make sure they are adequately vented and are not blocked.

*Asbestos*

There is little exposure to asbestos in most body shops. But, if you repair brakes or machine-fit linings to brake drums—or work near these operations—you could be exposed to asbestos dust. This is especially true if you work in a small room.

If you breathe asbestos dust, you may develop asbestosis. Asbestosis is a disabling lung disease and continued exposure to asbestos may lead to lung cancer. It may occur when microscopic particles of asbestos become lodged in the lungs. The combination of asbestos exposure and smoking is particularly dangerous.

Dust should be vacuumed (not blown) from the drums and floor. You should use a vacuum with a special, high-efficiency filter. Dry sweeping and cleaning are prohibited. If good local exhaust ventilation at the source of the dust isn't feasible, you should wear a filter respirator for protection.

## *epoxy plastics*

You may use several kinds of epoxy compounds, primarily auto body filler, for various repairs. Wear your gloves when you work with epoxies. Nearly all these epoxies are formed of resins and special hardeners. If you get these hardeners or resins on your skin, you could break out in rashes and sores. If any hardener or resin spills on your skin, wash it off with soap and water immediately.

## *solvents*

You are exposed to solvents during parts cleaning, degreasing, and spray painting (see below). All organic solvents have some effect on the central nervous system and skin.

Inhaling high concentrations of solvent vapors may cause a lack of coordination and drowsiness, or even damage to the blood, lungs, liver, kidneys, and digestive system.

Skin contact may cause dermatitis, ranging from a simple irritation to actual skin damage. Solvents can dissolve the natural skin barriers of fats and oils, leaving the skin unprotected.

All solvents should be used in well-ventilated areas. Wear appropriate protective gloves while working with solvents.

### *spray painting*

Spray painting can be a fire and health hazard. For instance, the paints and lacquers you spray on the cars are very flammable and explosive. The spray paint is also mixed with a solvent which, if inhaled, can harm you.

Keep heat sources away from the area where you paint or store painting materials. Welding, use of power tools, smoking, etc., are not permitted in these areas. Storage areas and painting areas should have good ventilation.

No more than one day's supply of paint may be stored near the spray area at any time. The paint must be stored in an approved storage cabinet equipped with locks.

**You should not have to wear a respirator while spray painting.** If you are using a spray booth or room, the ventilation system must remove the contaminated air efficiently enough that you don't need the respirator. Arrange your work so that the exhaust pulls the fumes away from you, not past you. Some shops use respirators as back-up protection. Your employer may ask you to do this.

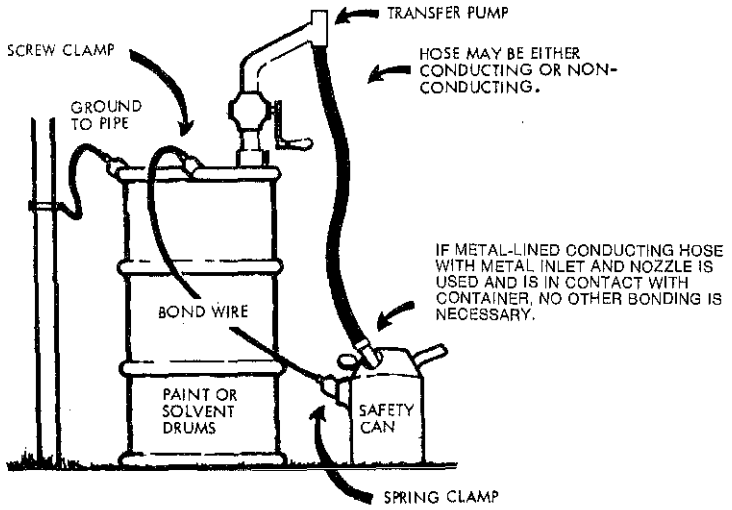
There must be either a gauge or pressure sensitive device which will trigger an alarm when the air supply from the ventilator drops too low. Exhaust ventilators have filters to remove the contaminants from the air. When the filters are dirty, air flow is restricted to and from the work area. Filters should be inspected and cleaned or replaced regularly. Excess paint often clings to the walls and floors in the spray booth or spray room. This is a serious fire hazard. Keep those surfaces as clean as possible.

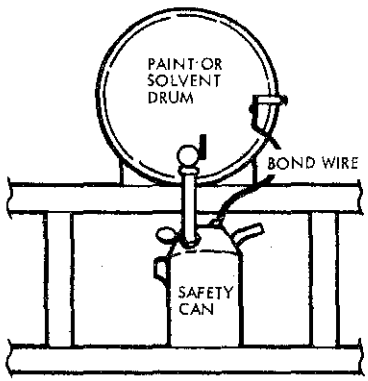
If you work in a spray painting area, you may also operate the drying equipment. Most of this equipment is electrical and it must be explosion proof. It doesn't pay to take chances when using this kind of equipment. Never paint with the heat lamps on. Be sure to let the ventilation system run for several minutes before you turn the heat lamps on. This will clean out all of the paint or thinner vapors.

### *paint and solvent transfer*


You may have the job of drawing off paint, lacquer, thinner, and solvents from bulk storage. Static electricity can build up during this process and the sparks could cause an explosion. But when you know the right way to transfer these materials, you can make the job safe.

Two safe methods of moving flammable liquids from a drum to a portable safety can are shown here.



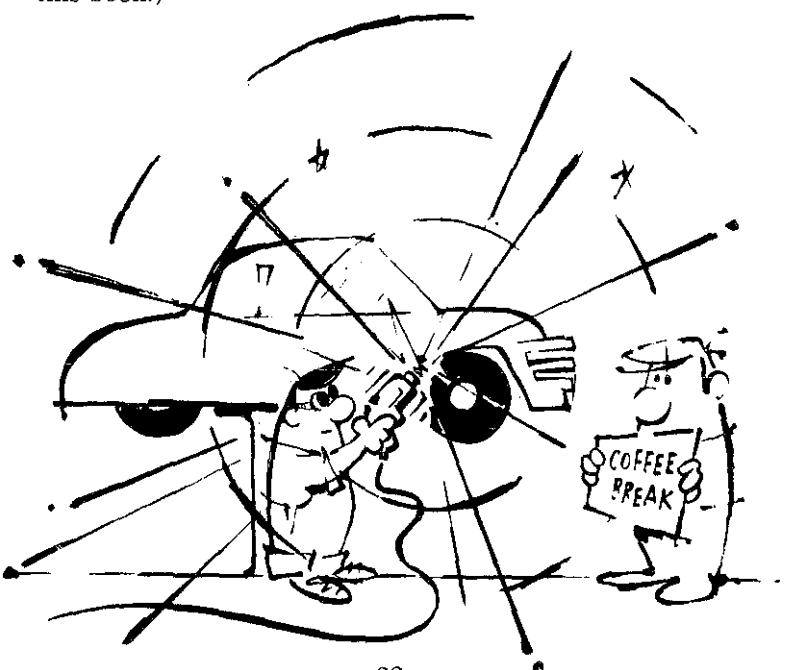



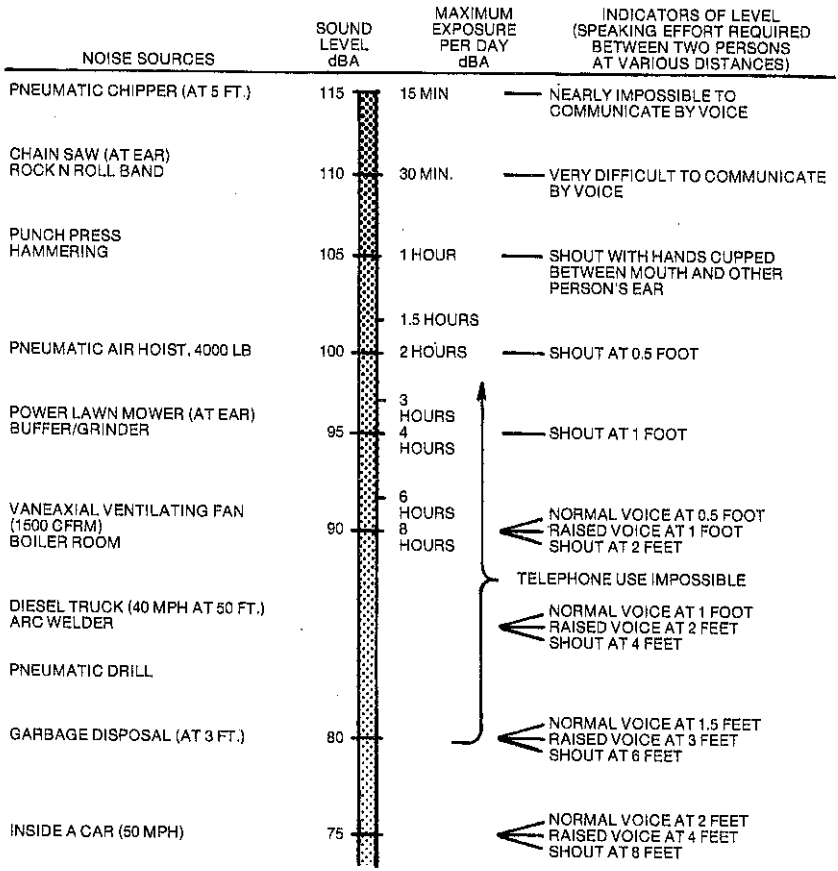

The most important thing to remember is to make sure the drum is grounded and that a bond wire connects the drum to the safety can.

## *noise*

Chipping, shearing, mechanical cutting, hammering, sanding, grinding, buffing, torch cutting, and some welding can produce harmful levels of noise. If your exposure time is long and you don't wear ear plugs or ear muffs, you may suffer permanent hearing loss. The law sets specific exposure standards which must be followed for protection of your hearing. For instance, many chipping operations are so noisy you can only be exposed for 15 minutes a day without hearing protection.

The table on the following page shows noise levels for various machine operations and how the noise affects how you can hear another person's voice. Both types of information should serve as indications of your exposure to noise. If you think you are being exposed to too much noise, tell your supervisor. If your employer does not investigate and eliminate the problem, you can notify the nearest OSHA regional office. (Addresses and telephone numbers of NIOSH and OSHA regional offices appear at the back of this book.)





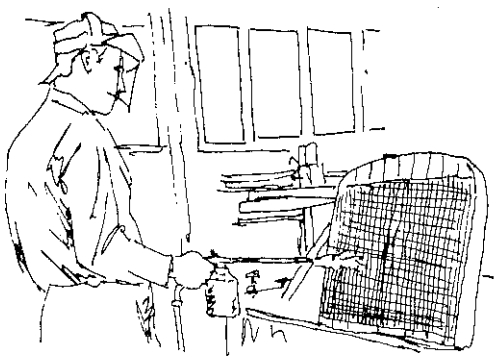

This chart shows the levels of noise associated with various jobs and activities.

## *glazing*

Wear a full protective plastic face shield and safety glasses or goggles while cutting or grinding glass. If you handle large sheets of glass, use gloves for a better grip **and** to keep your hands from being cut.

## *radiator and air conditioning repair*

A radiator may contain a trace of coolants which, when hot and under pressure, can squirt or splash on you. Never open a pressurized system while the engine is hot. Be careful when boiling out radiator tanks. The cleaning solutions contain caustic chemicals that can burn you if splashed on your skin or into your eyes. Flush your skin and eyes with water for about 15 minutes if you are splashed. Get medical help if the irritation persists.



Epoxy leak filler materials can be harmful to your skin and eyes. Wear eye protection.

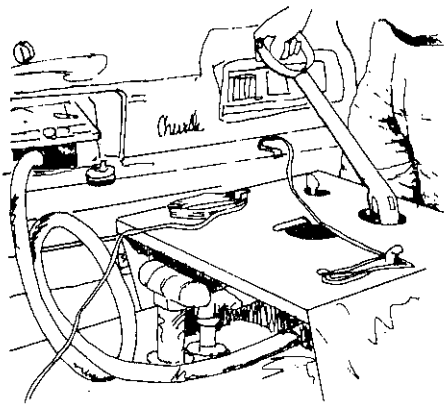
Fumes from brazing solder and flux also can be dangerous if you breathe them. Work only in a well-ventilated area.

A damaged radiator may be a mass of jagged metal. Without protective gloves and careful handling, you can be severely cut.

Gas and liquid coolants used in automotive air conditioners must be handled with care, especially those stored under pressure. Always wear your eye and face protection and gloves.

## *fuel tanks*

A number of safety precautions must be observed in fuel tank repair. The first is "NO SMOKING". If the tank is leaking and is still mounted in the car, get the car out of the shop immediately. Attach and ground the syphon tank and pump out the remaining gasoline into a safety can. A typical syphon tank is shown here.



**If the tank requires welding or any other hot work, all gasoline and gasoline vapors must be cleaned out.** The best way to do this is by steam cleaning.

Steam the tank (both inside and outside) for at least 10 minutes. Flush the tank out with boiling water for 5 minutes. Then dry the inside and outside thoroughly, using warm air. After cleaning, check for the odor of gasoline. If you do smell gasoline, repeat the cleaning process.

# personal protective equipment

## *safety shoes*

The many tools and car parts found in the body shop are a hazard to your feet. Safety shoes will help keep you from getting serious foot injuries in case of accidents.

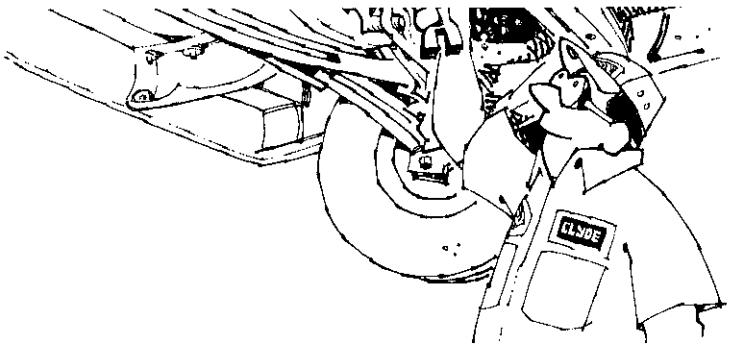
## *gloves*

There are special gloves for almost every job in the shop. Welding gloves, rubber gloves for handling caustics, acids, and solvents, gloves for handling glass, plastic, and jagged metal, and others may all be used in your shop. Your employer will usually provide these. Wear the right gloves for the job you're doing, then put them away for the next time you need them.

## *eye and face protection*


In much the same way as gloves, you need different eye and face protection for different jobs. Special tinted goggles for gas welding, brazing, and shrinking and helmets with special lenses for all welding are just two examples. You must use eye and face protection in any work area where

chips, sparks, flying objects, glare, radiation, or splashes of harmful liquids are a hazard. For example, eye and face protection are very important to you during grinding operations and when working on air conditioners. The coolant used in air conditioners can freeze an eyeball on contact—a face shield is a must on this job.



EYE PROTECTION IS NEEDED WHEN WORKING UNDER CARS.

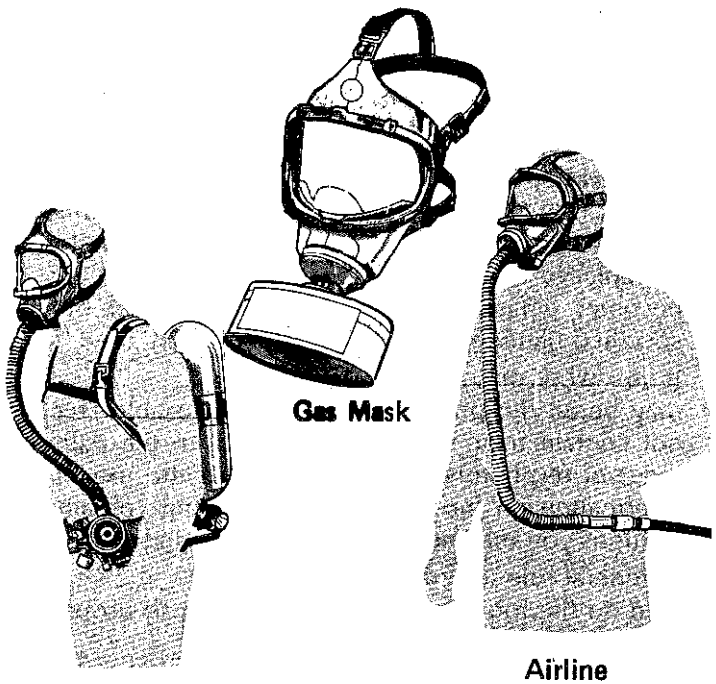
If you normally wear glasses on the job, get a pair of prescription industrial safety glasses. Check with your supervisor—your shop may pay all or part of the cost of these glasses.

## *respiratory protection*

Wear a dust mask when sanding or grinding. Change the filter when you have difficulty breathing. Some grinding and sanding tools have a built-in dust vacuum system, or local ventilation may be provided at your workbench. Where such systems are working properly, the dust mask won't be necessary.

Spray painting must only be done in spray booths, spray rooms, or spray areas with good ventilation. You shouldn't have to wear a respirator while spray painting. You may wear one as back-up protection.

If you do use a respirator, you must be instructed in how to use it and take care of it. Proper fit is most important. Beards, sideburns, and glasses may interfere with a good fit. Check for leaks each time you put your respirator on. Your respirator should be cleaned after use in soap and water and then stored in a clean place. Replace defective or worn parts. You must replace the filters or cartridges in your respirator if you can smell the vapors while wearing the mask, when you have used the filter or cartridge for its specified lifetime, or if you have difficulty breathing while wearing the mask.




Remember—**one type of respirator will not protect you from all of the harmful materials you are exposed to.** For example, a dust respirator will not protect you from solvent vapors. Check with your supervisor to see that the type of respirator you use is the right kind for the job you do. There are instructions with the respirators and cartridges which you should read.

## *ear protection*

Long exposure to high noise levels can cause permanent damage to your hearing. If you normally work all shift where the noise is so loud that you can't talk to someone about two feet away without shouting, the noise level may be high enough to cause hearing loss. Your employer must try to reduce the noise level with engineering controls. If these controls don't work, you will have to wear ear muffs or ear plugs when you're doing certain noisy jobs. (Plain cotton does nothing to protect your hearing from excessive noise.)

There are a few things to remember about wearing hearing protection. Ear plugs and muffs must fit to help you. If you wear glasses, the side frames may interfere with the way your ear muffs fit. If so, you may have to get glasses with special side frames. Ear plugs must be properly fitted to your ears. One size does not fit everyone. Your ear plugs should be kept clean by washing them frequently with warm, soapy water.

You may think ear protection will keep you from hearing noises you need to hear—warning bells, horns, other workers' voices, etc. But actually you can hear better with hearing protection. Most of the noise around you is masked out. After a few days, you will get used to wearing your ear muffs or ear plugs and will probably find the noise in your area uncomfortable without them.

# fire safety

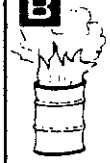
The greatest potential causes of fire in any auto body shop are flammable and explosive vapors. For example, a battery being charged gives off hydrogen gas, which is violently explosive. Gasoline vapors, paint thinners, drying agents, plastics, epoxies, etc., are all hazards. But good work habits can help keep you safe.

"NO SMOKING" signs should be posted and the rule strictly enforced. Electrical equipment and wiring should not be overloaded. Faulty equipment should be repaired or replaced right away. Welding shouldn't be done in areas where flammable substances are used or stored. Oily rags, solvent-soaked waste materials, even oil-soaked clothes hanging in a locker can start smoldering all by themselves. All of these should be picked up immediately and stored in a metal container with an airtight cover. The container should be emptied at least once a day.

**The first thing to do when you discover a fire is to call your local fire department.** Don't delay giving the alarm. It's better to have a fire truck arrive after the fire is out or under control than to have it arrive later and find the fire raging out of control.

Fire extinguishers contain different substances, and you have to be sure you have the right kind of extinguisher for the kind of fire you're fighting.

The chart shows common kinds of extinguishers and when and how they should be used.

| TYPE OF FIRE | EXTINGUISHER | | | | | | |
|---|---|---|---|---|---|---|---|
| | FOAM Solution of Aluminum Sulphate and Bicarbonate of Soda | CARBON DIOXIDE Carbon Dioxide Gas Under Pressure | SODA ACID Bicarbonate of Soda Solution and Sulphuric Acid | PUMP TANK Plain Water | GAS CARTRIDGE Water Expelled by Carbon Dioxide Gas | MULTI-PURPOSE DRY CHEMICAL | ORDINARY DRY CHEMICAL |
| A  ORDINARY COMBUSTIBLES • WOOD • PAPER • CLOTH ETC. | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| B  FLAMMABLE LIQUIDS, GREASE • GASOLINE • PAINTS • OILS, ETC. | ✓ | ✓ | | | | ✓ | ✓ |
| C  ELECTRICAL EQUIPMENT • MOTORS • SWITCHES ETC. | | ✓ | | | | ✓ | ✓ |

**FOAM**

Don't Play Stream into the Burning Liquid. Allow Foam to Fall Lightly on Fire.

**CARBON DIOXIDE**

Direct Discharge as Close to Fire as Possible. First at Edge of Flames and Gradually Forward and Upward.

**SODA-ACID, GAS CARTRIDGE**

Direct Stream at Base of Flame.

**PUMP TANK**

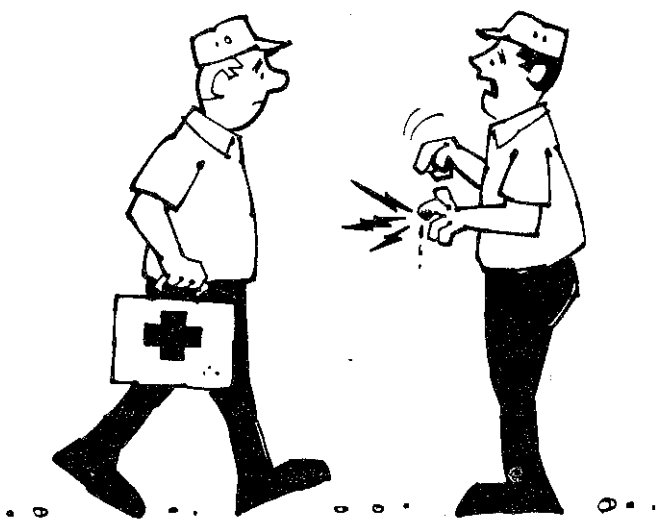
Place Foot on Footrest and Direct Stream at Base of Flames.

**DRY CHEMICAL**

Direct at the Base of the Flames. In the Case of Class A. Fires, Follow Up by Directing the Dry Chemical at Remaining Material that is Burning.

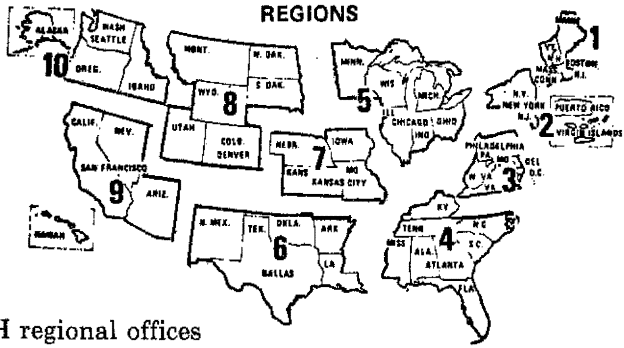
# first aid

Since a doctor or nurse may not be available at your shop, first aid supplies must be readily available. You should know the location of the first aid kit. Your shop must have a physician approve these supplies. Also, at least one worker trained in first aid must be employed on each shift. Know who that person is! Any injury, no matter how minor, should be treated and reported to your supervisor.



# NIOSH and OSHA regional offices

The following pages list NIOSH and OSHA regional offices which can provide information on the Occupational Safety and Health Act including questions on standards interpretations, voluntary compliance information, copies of the OSHA Standards, OSH Act, Employee Rights Posting Notice, and publications.




## NIOSH regional offices

DHEW, Region I
Government Center (JFK Fed. Bldg.)
Boston, Massachusetts 02203
Tel.: 617/223-6668/9

DHEW, Region II — Federal Building
26 Federal Plaza
New York, New York 10007
Tel.: 212/264-2485/8

DHEW, Region III
3525 Market Street, P.O. Box 13716
Philadelphia, Pennsylvania 19101
Tel.: 215/596-6716

DHEW, Region IV
50 Seventh Street, N.E.
Atlanta, Georgia 30323
Tel.: 404/626-5474

DHEW, Region V
300 South Wacker Drive
Chicago, Illinois 60607
Tel.: 312/886-3651

DHEW, Region VI
1200 Main Tower Building, Room 1700-A
Dallas, Texas 75245
Tel.: 214/655-3081

DHEW, Region VII
601 East 12th Street
Kansas City, Missouri 64106
Tel.: 816/374-5332

DHEW, Region VIII
19th & Stout Streets
9017 Federal Building
Denver, Colorado 80202
Tel.: 303/837-3979

DHEW, Region IX
50 Fulton Street (223 FOB)
San Francisco, California 94102
Tel.: 415/556-3781

DHEW, Region X
1321 Second Avenue (Arcade Bldg.)
Seattle, Washington 98101
Tel.: 206/442-0530

# OSHA regional offices

**Region I**
U.S. Department of Labor
Occupational Safety and Health Administration
JFK Building, Room 1804
Boston, Massachusetts 02203 ..... Telephone: 617/223-6712/3

**Region II**
U.S. Department of Labor
Occupational Safety and Health Administration
1515 Broadway (1 Astor Plaza), Room 3445
New York, New York 10036 ..... Telephone: 212/971-5941/2

**Region III**
U.S. Department of Labor
Occupational Safety and Health Administration
15220 Gateway Center, 3535 Market Street
Philadelphia, Pennsylvania 19104 ..... Telephone: 215/596-1201

**Region IV**
U.S. Department of Labor
Occupational Safety and Health Administration
1375 Peachtree Street, N.E., Suite 587
Atlanta, Georgia 30309 ..... Telephone: 404/526-3573/4 or 2281/2

**Region V**
U.S. Department of Labor
Occupational Safety and Health Administration
230 S. Dearborn, 32nd Floor
Chicago, Illinois 60604 ..... Telephone: 312/353-4716/7

**Region VI**
U.S. Department of Labor
Occupational Safety and Health Administration
555 Griffin Square Building, Room 602
Dallas, Texas 75202 ..... Telephone: 214/749-2477/8/9 or 2567

**Region VII**
U.S. Department of Labor
Occupational Safety and Health Administration
Federal Building, Room 3000, 911 Walnut Street
Kansas City, Missouri 64106 ..... Telephone: 816/374-5861

**Region VIII**
U.S. Department of Labor
Occupational Safety and Health Administration
Federal Building, Room 15010, 1961 Stout Street
Denver, Colorado 80202 ..... Telephone: 303/837-3883

**Region IX**
U.S. Department of Labor
Occupational Safety and Health Administration
9470 Federal Building, 450 Golden Gate Avenue
Post Office Box 36017
San Francisco, California 94102 ..... Telephone: 415/556-0584

**Region X**
U.S. Department of Labor
Occupational Safety and Health Administration
6048 Federal Office Building, 909 First Avenue
Seattle, Washington 98174 ..... Telephone: 206/442-5930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