

Remember...

- Everyone grieves differently.
- Grief has no timeframe and there is no right or wrong way to grieve.
- Common stages of grief: denial, anger, bargaining, depression and acceptance.
- Take care of YOU.
- Get immediate help in a crisis:
 - Call 911
 - Call 988: Suicide & Crisis Lifeline
 - Call (800) 662-HELP (4357): SAMHSA's National Helpline
- Tips to help you cope with feelings of grief:
 - Connect with family and friends.
 - Share/create memorial items or events.
 - Acknowledge your loss and feelings of grief.
 - Focus on aspects of your life that you have control over right now.
- Know you are not alone.
- OSHA has private monthly virtual support meetings for family members to connect with one another in your time of need.
- Your loved one was so much more than a statistic and we want to help you share your loved one's story to prevent similar incidents.

Message from Tonya Ford

OSHA's National Family Liaison



The unexpected death of a loved one is one of the most painful things that can happen to a family. I know and understand first-hand the devastation you have endured as I lost a family member in an occupational incident in 2009 and although I will never compare my loss to yours, please know that I understand the overwhelming emotions and questions you may have.

Please contact me at a time that is convenient for you. I hope to ease some of your concerns by helping with any questions you may have in regard to your loved one's incident, the inspection process, Workers Memorial Day, monthly family meetings, and/or OSHA.

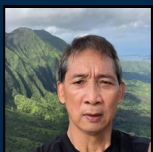
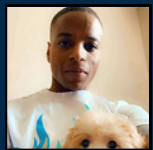
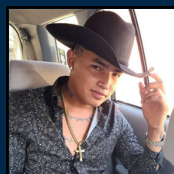
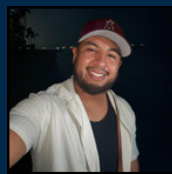
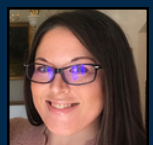
We are sorry for your loss and I am here for you and your family.



Honoring Our Fallen Workers

OSHA has created a virtual Workers Memorial Wall to honor and recognize those who lost their lives while on the job.

If you have lost a family member due to a work-related incident, illness, or disease, share their photograph with us and create a tribute at remembrance@dol.gov.



Contact

Tonya Ford, OSHA's National Family Liaison
U.S. Department of Labor
Occupational Safety and Health Administration
Office of Communications
200 Constitution Ave NW, Rm N3647
Washington, DC 20210



www.osha.gov/condolences



www.osha.gov/workers-memorial
ford.tonya.e@dol.gov



531-893-3409



[instagram.com › OSHA_DOL](https://www.instagram.com/OSHA_DOL)



facebook.com/departmentoflabor



linkedin.com/company/us-department-of-labor-osh

Losing A Loved One on the Job

"You Are Not Alone."

OSHA[®] Occupational
Safety and Health
Administration

What to Know & Expect:

- OSHA may investigate your loved one's incident to determine if any OSHA standards were violated.
- Please allow us up to **six months** to complete our investigation.
- All penalty monies go directly to the United States Treasury; they are not part of OSHA's budget or credited to the agency.
- OSHA does not issue citations solely because there was a workplace fatality.
- You may contact your local OSHA office to inquire about the status of the case or to ask questions.
- If you have information or evidence that may assist in the inspection, please share by writing, calling, or e-mailing the local OSHA office.
- Upon issuance of the final order, you will have an opportunity to meet with the Area Director who will answer your questions and explain the settlement decision.
- OSHA will notify you when the case is closed.
- You are welcome to contact Tonya at a time convenient to you for support, guidance and additional resources.
- OSHA has private virtual meetings monthly for you to connect with other family members that know and understand what you are going through.

Other Agencies:

Department of Justice: (202) 514-2000
www.justice.gov

SAMHSA's National Helpline: (800) 662-HELP (4357)

Social Security Administration: (800) 772-1213
www.ssa.gov

Suicide and Crisis Lifeline: 988

Veterans Affairs: (800) 827-1000
www.va.gov

Wage and Hour: (866) 487-9243
www.dol.gov/agencies/whd

Workers Compensation in Your State:
www.osha.gov/condolences

OSHA Establishment Search:

Search by Inspection No.
www.osha.gov/ords/imis/inspectionNr.html



Contact OSHA:

Atlanta Regional Office: (678)237-0400
Florida, Georgia, North Carolina, South Carolina**

Birmingham Regional Office: (205)421-9390
Alabama, Arkansas, Florida, Kentucky, Louisiana, Mississippi, Tennessee**

Boston Regional Office: (617)565-9860
Connecticut, Maine*, Massachusetts*, New Hampshire, Rhode Island, Vermont**

Chicago Regional Office: (312)353-2220
Illinois, Indiana*, Michigan*, Minnesota*, Ohio, Wisconsin*

Dallas Regional Office: (972)850-4145
New Mexico, Oklahoma, Texas*

Denver Regional Office: (720)264-6550
Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming**

Kansas City Regional Office: (816)283-8745
Iowa, Kansas, Missouri, Nebraska*

New York City Regional Office: (212)337-2378
New Jersey, New York*, Puerto Rico*, Virgin Islands (U.S.)**

Philadelphia Regional Office: (215)861-4900
Delaware, District of Columbia, Maryland, Pennsylvania, Virginia*, West Virginia*

San Francisco Regional Office: (415)625-2547
Alaska, American Samoa, Arizona*, California*, Guam, Hawaii*, Idaho, Nevada*, Northern Mariana**

*This is one of the 29 OSHA-approved State Plans. Twenty-two State Plans (21 states and Puerto Rico) cover both private and state and local government workplaces. The other seven State Plans (Connecticut, Illinois, Maine, Massachusetts, New Jersey, New York, and the Virgin Islands) cover state and local government workers only.

Connecting with Families:

We understand that it may be difficult to connect with others that know what it is like to lose a loved one in a work-related incident. Please know you are not alone.

We invite you to join us at our next monthly meeting. For more information and to join our next meeting register at www.osha.gov/condolences.



Family Resources:

American Society of Safety Professionals:
www.assp.org

Construction Angels:
www.constructionangels.us

Kids' Chance of America:
www.kidschance.org/for-families

National Safety Council: www.nsc.org

SAMHSA's National Helpline: www.samhsa.gov/find-help/helplines/national-helpline

United Support & Memorial for Workplace Fatalities (USMWF): www.usmwf.org



Workers Memorial:

The Occupational Safety and Health Administration (OSHA) invites you to join us as we come together to honor, remember and recognize our fallen and injured workers at our Workers Memorial Ceremonies and Candlelight Vigil each April. Keep up-to-date with upcoming plans by going to www.osha.gov/workers-memorial.



Request Inspection File:

The Freedom of Information Act (FOIA) governs the release of information concerning incident inspections conducted by OSHA. When the case is closed, and upon written request, OSHA will provide you with the portions of the inspection file that may be released, at no charge to you as a family member.