

# WORKERS HAVE RIGHTS!



**OSHA**<sup>®</sup>  
Occupational Safety  
and Health Administration

The law says that employers cannot retaliate against workers for exercising their rights to a safe and healthful workplace under the *Occupational Safety and Health Act*. For example, workers have a lawful right to:

- Notify a supervisor or employer about a hazardous condition
- Report a workplace injury or illness
- Refuse to perform an extremely dangerous task where there is insufficient time to contact OSHA and the employee has requested and been unable to obtain abatement of the hazard
- Ask OSHA to inspect a workplace

If an employer has retaliated against you, *act quickly!* Workers must file a retaliation complaint with OSHA **within 30 days after the alleged adverse action occurred or you became aware of it.**

[www.whistleblowers.gov](http://www.whistleblowers.gov) • 1-800-321-OSHA (6742) • TTY 1-877-889-5627

# ပုၤမၤတၢ်ဖိတဖၣ် အိၣ်ဒီး တၢ်ခွဲးတၢ်ယၢ်တဖၣ်!



## OSHA®

တၢ်ဘၣ်တၢ်ဘၢ ဘၣ်ယးဒီး တၢ်ဖဲတၢ်မၤဒီး  
ဆူၣ်ချ့ တၢ်ပၤဆူၣ်ရဲၣ်ကျဲး

ဒ်သဲစးတၢ်ဘျၢ ဟဲဲအသိး တၢ်မၤကစၢ်တဖၣ်န့ၣ် မၤကၣ်ကျၢ ပုၤမၤတၢ်ဖိတဖၣ်တသ့ဘၣ် လၢအဝဲသ့ၣ် ဟံးဂ့ၢ်ဖိမၤ အတၢ်ခွဲးတၢ်ယၢ် လၢတၢ်ဖဲတၢ်မၤလီၤလၢ အပဲၤဒီး တၢ်ဘၣ်တၢ်ဘၢဒီး တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ် လၢ တၢ်ဘၣ်တၢ်ဘၢ ဘၣ်ယးဒီး တၢ်ဖဲတၢ်မၤဒီး ဆူၣ်ချ့ တၢ်ပၤဆူၣ်ရဲၣ်ကျဲး သဲစးတၢ်သိၣ်တၢ်သီအဖီလၢအယိဘၣ်လီၤ. အဒိ, ပုၤမၤတၢ်ဖိတဖၣ်န့ၣ် အိၣ်ဒီး တၢ်ခွဲးတၢ်ယၢ်လၢ အဖိးသဲစး လၢ-

- ကဘိးဘၣ်သ့ၣ်ညါ အတၢ်မၤမူဒါခိၣ် မ့တမ့ၢ် အတၢ်မၤကစၢ် ဘၣ်ယးဒီး တၢ်လီၤဘၣ်ယိၣ်အလီၢ် တၢ်အိၣ်သးအဂ့ၢ်တမံၤ
- ဒုးသ့ၣ်ညါ တၢ်မၤလီၢ် တၢ်ဘၣ်ဒိဘၣ်ထံး မ့တမ့ၢ် တၢ်ဆူးတၢ်ဆါအဂ့ၢ်တမံၤ
- ဂ့ၢ်လီၢ်လၢ ကမၤဝဲဒၣ် တၢ်မၤမူဒါတမံၤလၢ အလီၤဘၣ်ယိၣ်ဒိၣ်နီၢ်မး မဲတအိၣ်ဒီး တၢ်ဆၢကတီၢ်လၢလၢလီၢ်လီၢ်လၢ ကဆဲးကျိး OSHAဒီး ပုၤမၤတၢ်ဖိ ပတံသကွၢ်ကညးတၢ်ဒီး တဒီးန့ၢ်ဘၣ်တၢ်ဝဲဒၣ် တၢ်မၤစ့ၤလီၤ တၢ်လီၤဘၣ်ယိၣ်အခါ
- ဃုထီၣ် OSHA ဒ်သိးကသမံသမိးဃုသ့ၣ်ညါ တၢ်မၤလီၢ်

တၢ်မၤကစၢ်တဂၤ မ့ၢ်ဟ့ၣ်ကၣ်ထီဒါကျဲးန့ၣ်အယိ, ဟံးဂ့ၢ်ဖိမၤ ချ့ချ့တက့ၢ် ပုၤမၤတၢ်ဖိတဖၣ်န့ၣ် ကြးပတံထီၣ်ဝဲဒၣ် တၢ်ဆိုးထီၣ် တၢ်သးတမ့ၢ် တၢ်ဟ့ၣ်ကၣ်အဂ့ၢ် ဃုၣ်ဒီး OSHA လၢအသီ 30 အတီၢ်ပူၤ မဲလၢ တၢ်ဟံထီၣ်တၢ်ကမ့ၢ်လၢ တၢ်ထီဒါ ဒုးအိၣ်ထီၣ်တၢ်ကီခဲ အတၢ်ဟူးတၢ်ဂါအံၤ မၤအသး မ့တမ့ၢ် မဲန့သ့ၣ်ညါဟံသၣ်ဟံသးအီၤ အလီၢ်ခဲန့ၣ်လီၤ.

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