

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, acceptance
- Take care of YOU.
- Get immediate help in a crisis:
 - Call 911
 - Call 988: Suicide & Crisis Lifeline
- 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.

Message from Tonya Ford

OSHA National Family Liaison



The 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 occupation incident in 2009.

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 and/or OSHA.

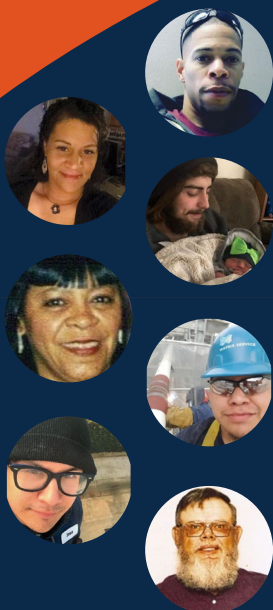
OSHA is so very sorry for your loss. We are here for you.



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 at remembrance@dol.gov.



Contact

Tonya Ford, National Family Liaison
U.S. Department of Labor
OSHA, Office of Communications
200 Constitution Ave NW, Rm N3647
Washington, DC 20210

-  osha.gov/workers-memorial
-  ford.tonya.e@dol.gov
-  (531) 893-3409
-  twitter.com/OSHA_DOL
-  facebook.com/departmentoflabor
-  linkedin.com/company/us-department-of-labor-osh

Losing A Loved One on the Job

What to Know and Expect

- OSHA will be investigating 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.

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 under FOIA, at no charge to you as a family member. Visit [osha.gov/foia](https://www.osha.gov/foia).

Family Resources

Organizations

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

National COSH: www.nationalcosh.org

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

Construction Angels:
www.constructionangels.us

OSHA Establishment Search

www.osha.gov/ords/imis/inspectionNr.html

Other Agencies

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

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

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

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

Suicide and Crisis Lifeline: 988



You are not alone.

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**

For more information, visit
[osha.gov/contactus/bystate](https://www.osha.gov/contactus/bystate).



*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.