

What Is OSHA?



The Occupational Safety and Health Administration (OSHA) was established by Congress to reduce workplace hazards and achieve better health and safety conditions in the nation's workplaces. OSHA's regulations cover nearly every employer and employee in the United States.

What OSHA Does

OSHA develops standards (or regulations) that:

- Identify possible workplace hazards
- Require and explain procedures, equipment, and training that employers and employees must use to reduce hazards and work safely

What OSHA Requires of Employers

OSHA gives employers certain safety and health responsibilities. Employers must:

- Follow all OSHA rules that apply to them
- Provide a place of employment free from recognized hazards that can cause death or injury
- Provide safety training, personal protective equipment (PPE), and working conditions that are safe and healthy

What OSHA Requires from You

OSHA also gives you certain responsibilities. You must:

- Follow all OSHA and company safety rules that apply to you and your job
- Take safety training seriously
- Use assigned PPE
- Cooperate with OSHA inspectors
- Report hazardous conditions to a supervisor
- Report job-related injuries or illness to a supervisor and get medical attention

OSHA and the workplace safety and health laws and regulations give you the right to:

- Review the company's safety and health record as recorded on the OSHA 300 Log and summarized and posted each year for you to see.
- Review required written safety programs, such as emergency response and hazard communication programs.
- Know about the hazards of chemicals and other hazardous substances used in the workplace.
- Review the results of monitoring and testing programs used to determine potentially hazardous conditions.
- Review the results of your own medical examinations and tests given as part of the company's safety and health programs.
- Inform OSHA about possible safety and health violations in your workplace without fear of getting fired or being punished in some other way.
- Participate in OSHA inspections and other OSHA proceedings without fear of punishment.
- Participate in company or union safety and health committees.
- Ask for and receive training that teaches you how to avoid hazards.

