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# OSHA Whistleblower Protections

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## OSHA Whistleblower Protections

The whistleblower laws that OSHA enforces prohibit employers from retaliating against employees for engaging in activities protected under those laws.

If you report your employer, they cannot:

- Fire you or lay you off
- Demote you
- Deny you overtime or a promotion
- Discipline you
- Deny you benefits
- Fail to hire/rehire you
- Intimidate or harass you
- Threaten you
- Reassign you to a less desirable position or do something that will result in you being denied a promotion
- Reduce or change your pay or hours
- Isolate, ostracize, or mock you, or falsely accuse you of poor performance
- Make your working conditions so intolerable that you quit
- Report you or threaten to report you to the police or immigration authorities

## How to submit a whistleblower complaint to OSHA

There are 5 ways:

- Telephone: Call 1 (800) 321 – 6742.
- Online: Submit your online complaint to OSHA at <https://www.osha.gov/whistleblower/WBComplaint>
- Fax or email: Fax or email the completed online complaint form to your local OSHA office. Include your contact information.
- Mail: Send a letter describing your complaint to your local OSHA office.
- In person: Visit your local OSHA office.

If your employer violates your whistleblower rights, you can complain to OSHA within 30 days of the adverse action.