



Poultry Workers: Protect Your Health!

- You have the right to a safe workplace.
- You can report unsafe conditions to your employer, such as: wet floors, electrical hazards, or unsafe or unguarded machinery.
- You have the right to report early signs of injuries, such as:
 - Hand pain or numbness
 - Stiffness in your fingers
 - Hand swelling
 - Shoulder or back pain
- You have the right to report symptoms to your employer.
- You have the right to request an OSHA inspection if you believe your workplace is dangerous — it's **confidential**.
- If you have been punished for speaking up, call OSHA within 30 days of the punishment.



OSHA is here to help.
1-800-321-OSHA (6742)



Rijerbal Ro Ilo Mōn Bao Ko: Kōjbarok Ejmour Ko Ami!

- Ej tellōkum juon jikin jerbal eo ejjelōk menin kauwōtata ak jorren ko ie.
- Kwo maroñ ripoote jekjek ko rejjab tiljek ak safe nan jikin jerbal eo am, einwot: floor ko rôkkōr ak tutu, to ak kein jerbal in jarom ko rajōrwawa, ak machine ko ejjelōk kein bōbrae jorren jeni.
- Ewōr am maroñ in ripoote kōkalle in jorren ko ilo tere eo wot kwoj jino am loi, einwōt:
 - Metak-tok peim ak mijtok peim
 - Kijñene-tok addiin peim
 - Ebbōj-tok peim
 - Metaktok aeram ak diim [likñm]
- Ewōr am maroñ ñan ripoote kōkalle kein ñan jikin jerbal eo am.
- Ewōr am maroñ in kajjitōk lôk an OSHA kōmmame juon jerbal in etale, elañe kwōj kile ke jikin jerbal eo am ekauwōtata ak ejatiljek nan jerbal — ijin enaaj ikōtamiro wōt OSHA.
- Elane ewōr kaje nae yuk kin am kar kwalok am abnōnō, kōnnaanōklok OSHA enjab le jen 30 ran.



OSHA[®]

Kejbarok ilo Jikin jerbal
im ijo ej Eddoik Ejmour

**OSHA ebed ñan jibañ.
1-800-321-OSHA (6742)**