



## Who can help you?

For accurate information about your employee rights and how to prevent an injury or a sickness at work, please visit:

**National Institute for Occupational Safety and Health (NIOSH)**  
**Protect Yourself at Work**

[cdc.gov/niosh/topics/protebase/](https://www.cdc.gov/niosh/topics/protebase/)

**U.S. Occupational Safety and Health Administration (OSHA)**

[osha.gov/workers](https://www.osha.gov/workers)

1-800-321-6742

**Your local or regional U.S. Department of Labor office**

[dol.gov/dol/location.htm](https://www.dol.gov/dol/location.htm)

**National Council for Occupational Safety and Health (COSH)**

[coshnetwork.org](https://www.coshnetwork.org)

If you have any questions or concerns about your health or safety at work, you can contact a trusted person or organization. Other organizations, such as non-profit local organizations, community health centers, or legal support organizations, can help you find the information you need. If you are an immigrant worker, your consulate may help you. Many Latin American countries have agreements with the US Department of Labor to help immigrant workers.

**This document is in the public domain and may be freely copied or reprinted**

Mention of any company or product does not constitute endorsement by the National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention. In addition, citations to websites external to NIOSH do not constitute NIOSH endorsement of the sponsoring organizations or their programs or products. Furthermore, NIOSH is not responsible for the content of these websites. All web addresses referenced in this document were accessible as of the publication date.

### Get More Information

Find NIOSH products and get answers to workplace safety and health questions:

1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348

[cdc.gov/cdc-info](https://www.cdc.gov/cdc-info) | [cdc.gov/niosh](https://www.cdc.gov/niosh)

NIOSH monthly newsletter: [cdc.gov/niosh/eNews](https://www.cdc.gov/niosh/eNews)

DHHS (NIOSH) Publication No. 2023-116.

DOI: <https://doi.org/10.26616/NIOSH PUB2023116>

March 2023



## What would you do...

if you got hurt or sick and you couldn't support your family? Do not put your health at risk at work.

*Get back home safe, sound, and  
with dignity!*

You work hard to  
get ahead, but...

# Your health is priceless

Use long-handled tools. Do not stand on a tub to clean high parts. Always keep both feet on the floor.



Open the doors and turn on the bathroom fan for fresh air to circulate.



Make a full turn around the bed. Do not stand on one side to remove sheets.

Follow instructions and never mix cleaning products.



Bend your knees when you lift or unload something.

Kneel on something cushioned, such as a folded towel or a pillow. Ask for a mop, so you don't have to kneel.

Use only the cleaning products provided by your employer.

Wear gloves when using cleaning products.



Ask a co-worker for assistance, especially when passing through narrow spaces, like when entering or leaving an elevator.



Move any small furniture that gets in your way.

