Your Right to a Safe Workplace

OSHA is the Agency that Protects Your Safety and Health Rights

OSHA အိမ်များနှစ်ခြေချိန်များထဲမှ သက်သေချက်တိုင်းပြည်သူများကို ကာကွယ်ရပ်မည်
What is OSHA?

OSHA is the Occupational Safety and Health Administration. It is a federal government agency that protects worker safety and health.

This booklet explains your rights and your employer’s responsibilities under OSHA. The rights that are described here cover workers regardless of immigration status.
1. You have the right to be safe when you are working. This is called OSHA’s “general duty clause.”

အလုပ္လုပ္ေနခိ်န္မွာ သင့္မွာရွိသည္။ ထိုကို ေယ့္သည့္ ၊ OSHA ့မွာသေ့အခြင့္အေရးေတြက ဘာေတြပါလဲ။

What Are My Rights Under OSHA?

OSHAတွင္ေရး၀င္ျခင္း လိုးေသာအခြားလိုးေသားခဲ့သည္။
2. You have the right to be trained on safety and health problems at your job.

အလုပ္ခြင္မွေဘးကင္းေရးနဲ က်န္းမာေရးျပသာနာမ်ားအတြက္ သင္ၾကားေလ့က်င္ခြင့္ သင့္ မွာရွိသည္။
3. You have the right to go to the bathroom when you need to use it.

အသုံးျပဳလိုသည့္အခါတိုင္း အိမ္သာသြားႏိုင္သည္။
4. You have the right to ask for information about things you think are dangerous at work. Your employer has to give you the information you ask for (types of chemicals, air tests, etc.)
5. You have the right to see your medical records and information about your exposure to harmful chemicals.

အကြောင်းအရာသို့မဟုတ် အမှန်တစ်ရပ်ချက်များ မြင်ရန်စေ့ချင်သူများ မျက်နှာအားဖြင့် အနောက်တိုင်းရပ်များကို ပြစ်ရန် ပြန်လာနိုင်သည်။
What Are My Rights Under OSHA?

6. You have the right to see copies of OSHA rules that are important to your workplace.

အသင်းရာဇဝင်သင်္ခြင်းသို့မဟုတ် လောလောင်းကြီး အေရးၾကီးေသာ OSHA စည္းကမ္းမ်ားကို ၾကည့္ရွဳခြင့္သင့္မွာရွိသည္။
7. You have a right to know about people who have gotten sick or hurt at work. You have a right to see the company’s “OSHA 300 logs” that keep track of injuries and illnesses where you work.
8. You have the right to complain to OSHA about hazards at work. OSHA will not give your name to your employer.
9. If OSHA inspects your workplace, you have the right to speak privately with the inspector about unsafe conditions.

OSHA ကို ကူညီချက်ပါစေ၏ ဆက်စပ်ရေးရင်းနားအခြေနာအား အခြေခံပါသည်။ သင့်ရဲ့ အခြေအနေများကို မှတ်တမ်းတင်ချက်ထားသည့်။
10. You cannot be punished or fired for using your safety rights under OSHA.

OSHA လက္ေအာက္တြင္ သင္၏လုပ္ငန္းခြင္ေဘးကင္းေရး အခြင့္အေရး မ်ားကို အသုံးျပးျခင္းအတြက္ သင့္ကို အျပစ္ေပးျခင္း အလုပ္မွထုတ္ပယ္ျခင္းမလုပ္ႏိုင္ပါ။
1. Your employer has to provide a safe and healthy workplace.

ဗုဒ္ဓနေဝါဒပေါင်းပြထားသော လုပ်ငန်းဆောင်ရွက်မှုကို သုံးစွဲသည်။
2. Your employer has to obey all OSHA rules.

သင္၏အလုပ္ရွင္ဘက္မွ OSHA ရဲ စည္းကမ္းမ်ားကိုလိုက္နာရမည္။
3. Your employer has to put up the OSHA Job Safety and Health poster where all workers can see it.

အလုပ္ရွင္ဘက္ကေရာ ဘာေတြလုပ္ဖို ့လိုပါသလဲ။
4. Your employer has to tell OSHA within eight hours about any workplace accident that kills a worker or sends three or more workers to the hospital.
Your employer has to keep lists (called “OSHA 300 logs”) of people who get sick or hurt at work and put up a summary every year (from February 1-April 30) that every worker can see.
6. Your employer has to allow a worker representative to go with an OSHA inspector during an inspection.

ဗိုလ်ချုပ်သူသည် ဗိုလ်ချုပ်စစ္စစ်သူနှင့်တုပ်တိုင်ဆိုင်ရာ သို့မဟုတ်သော အဖွဲ့ဝင်များနှင့်အတူ လုပ်ဆောင်နိုင်ပါသည်။
7. Your employer has to put up a written notice of OSHA violations at or near the place where they happened. This has to stay up for at least three days or until the problem is corrected.
8. Your employer has to correct hazards within the time period set by OSHA.

OSHA ဗားသားဦးစီးချောင်းမှာ အခြေခံမှု၊
အခြေပြားမှုနှင့် အခြေစိုက်ရန် ဆိုင်ရာအချိန်အထိပ်။
9. Your employer cannot punish a worker for using their OSHA rights.
10. Your employer has to offer safety and health information and training in a way that workers can understand it (in other languages, at different reading levels, etc.)

အလုပ္သမားမ်ားသေဘာေပါက္ လက္ခံနားလည္သည္နည္းလမ္းမ်ားျဖင့္ ေဘးကင္းေရးႏွင့္က်န္းမာေရးသတင္းအခ်က္အလက္မ်ားကို အလုပ္ရွင္က တင္ျပအသိေပးရမညိ။ (တျခားဘာသာျဖင့္ေသာ္လည္းေကာင္း၊ အဆင့္အလိုက္ကြဲျပားေသာ ဖတိျပျခင္းပုံစံ စသည္ျဖင့္)
What Other Safety & Health Protections Do I Have?

1. You have the right to refuse dangerous work if you follow all three of these rules: a) You can refuse work that you really believe could kill or hurt you badly. b) You can refuse dangerous work if you have asked your employer to fix the danger. c) You can refuse dangerous work if you offer to do other, safe work until the danger is fixed. You cannot be fired for refusing unsafe work if you follow these three rules.

2. If you are a member of a union, your contract may contain more safety and health protections. Ask a steward or union representative.
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