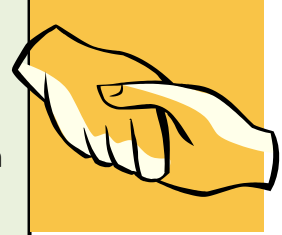


GUIDE to a 10-minute conversation about Staying safe at work and your rights on the job

1. Introduce yourself.

- I work with the Alliance of Forest Workers and Harvesters.
- The Alliance is a local worker organization that provides assistance with workplace issues including on-the-job health and safety.



2. ASK: Did you know that, according to a recent survey we did of 150 forest workers in this area, almost half said they had been injured on the job? Do you know what the most common injury for forest workers is?

- Workers in the survey most often reported scrapes, insect bites and burns
- Sprained muscles and broken bones are the most common injuries reported to the government.
- Forest workers are two times more likely to be hurt on the job than other workers, and ten times more likely to be killed.



3. ASK: Do you have any concerns about getting hurt at work?

- Slips, trips and falls
- Chainsaw accidents
- Vehicle accidents
- Falling trees and branches
- Extreme weather, rough terrain
- Poison oak, forest fires
- Contaminated drinking water
- Snakes, bears, mountain lions and biting insects

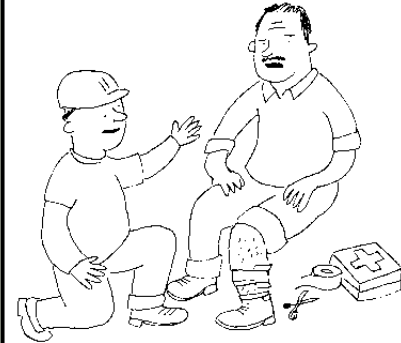


4. ASK: Have you ever been injured at work or know other forest workers who have been? What happened?

- Have a short conversation about their injury, thinking about what they might need to know.

5. ASK: What do you think could have prevented that from happening?

- Better training?
- Better equipment?
- Not working so fast?
- More people to help?



6. ASK: Have you ever heard of OSHA?

- **Explain what OSHA is.**

OSHA stands for the Occupational Safety and Health Administration. It is the government agency that protects workers from being hurt at work.

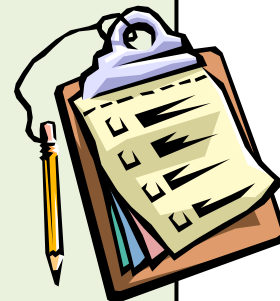
Oregon OSHA is the name of the agency in Oregon. OSHA requires employers to provide a workplace that is free from hazards and meets health and safety laws.

OSHA:

- Inspects workplaces.
- Responds to worker questions and complaints.
- Provides information and assistance to employers.
- Investigates workplace accidents and injuries.
- Fines employers if they are violating the law.

- **OSHA says your employer must provide:**

- ✓ **Training** on how to safely operate machines, tools and equipment.
- ✓ **Information about any hazards** you might be exposed to, and how to protect yourself.
- ✓ **Protective equipment** necessary to do the job safely. (hard hats, eye and face protection, gloves, chaps, safety shoes, hearing protection)
- ✓ **A system for workers to report hazards without fear** of being fired or punished.



7. ASK: Have you ever heard of BOLI?

- **Explain what BOLI is.**

BOLI stands for Bureau of Labor and Industries. It is the Oregon state labor agency. It protects many of your rights in the workplace, except for health and safety rights.

- **Under BOLI, you have the right to:**

- ✓ Be paid at least minimum wage, which is \$8.50/hour in Oregon.
- ✓ Be paid for all hours worked.
- ✓ Receive a 30 minute unpaid break for meals for every work period lasting 6 or more hours.
- ✓ Receive paid breaks of at least 10 minutes during each 4 hour work period.
- ✓ Work without harassment or discrimination (because of your race, color, religion, sex, national origin, or age—40 or older)

Hand them the booklet and show them pages 6 and 7 in the booklet.



8. ASK: Do you know who could help you if you had problems with your employer?

- OSHA
- BOLI
- The Alliance

Show them page 26 and 27 in the booklet.



9. Do you have any questions for me? Are there any concerns you have about your work?

10. Would you be interested in coming to a workshop on this topic? We are currently offering two different workshops:

- Your rights on the job and staying safe at work
- What if you get hurt on the job?

11. Get their contact information if they are interested and write it next to their name on the attendance sheet.



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