

# Where Workers Can Get Help

*Where can I get information about...*

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## Lead on the job

- **Occupational Lead Poisoning Prevention Program (OLPPP), CA Dept. of Public Health**
  - English/Spanish Helpline: (866) 627-1587 (toll-free in California) or (510) 620-5740
  - [OLPPP website](http://www.cdph.ca.gov/olppp) (www.cdph.ca.gov/olppp)
- **Blood lead level testing for workers:** The only way to know if you are exposed to too much lead at work is to get a blood lead level test. **Workers with lead exposure should get tested every 6 months.**
  - Ask your employer for a test.
  - Ask your personal doctor for a test if your employer doesn't provide one.
  - If you don't have a personal doctor, contact your local health department for help getting a test.

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## Other workplace hazards, health and safety resources

- **Health and Safety Resources**  
(<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/Pages/Resources.aspx>)  
**Spanish** (<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/Pages/SpanishLinks.aspx>)
- **Hazard Evaluation System and Information Service (HESIS), CA Dept. of Public Health**  
(www.cdph.ca.gov/hesis) (866) 282-5516 (toll-free in California)
- **National Institute for Occupational Safety & Health (NIOSH)**  
(www.cdc.gov/niosh) **Spanish** (www.cdc.gov/spanish/niosh) (800) 232-4636
- **If your doctor needs help treating work-related illness**  
(<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/Pages/ProviderLinks.aspx#specialists>)
- **Labor Occupational Health Program, University of California, Berkeley**  
(www.lohp.org) (510) 642-5507
- **Labor Occupational Safety and Health Program, University of California, Los Angeles**  
(www.losh.ucla.edu) (310) 794-5964
- **AFL-CIO, American Federation of Labor** (www.aflcio.org/Issues/Job-Safety)

## Lead poisoning in children and family members

- **Childhood Lead Poisoning Prevention Branch** provides information identifying and treating lead poisoning in children and family members preventing exposures to lead at home.  
(www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/CLPPBhome.aspx)  
(510) 620-5600
- **To find out how to get a child or family member tested for lead, [contact your local childhood lead program](#)**  
(<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/CLPPPIndex.aspx>)

## What are my rights on the job?

### Workplace health and safety

**Cal/OSHA** (California Division of Occupational Safety and Health) enforces workplace health and safety regulations in California. If there is a lead hazard or other health and safety hazard at your job, you can ask Cal/OSHA for an inspection. Cal/OSHA will not tell your employer who made the call. To file a complaint, [find your District Office](http://www.dir.ca.gov/dosh/DistrictOffices.htm) (www.dir.ca.gov/dosh/DistrictOffices.htm). For more information, visit the [Cal/OSHA Workers Page](http://www.dir.ca.gov/DOSH/WorkersPage.htm) (www.dir.ca.gov/DOSH/WorkersPage.htm) or call (510) 286-7000.

**Federal Occupational Safety & Health Administration** (Fed/OSHA) covers maritime workers and people who work for the federal government or on federal government property: (800) 321-6742 (www.osha.gov/workers.html), [Spanish](http://www.osha.gov/as/opa/spanish) (www.osha.gov/as/opa/spanish)

### Employment rights – wrongful termination (firing) and other problems

**State Labor Commissioner** enforces laws that relate to wages, hours, wrongful termination (firing), and discrimination. [Find more information](http://www.dir.ca.gov/dlse/DistrictOffices.htm) (www.dir.ca.gov/dlse/DistrictOffices.htm)  
[Spanish](http://www.dir.ca.gov/dlse/Spanish/DistrictOffices.htm) (http://www.dir.ca.gov/dlse/Spanish/DistrictOffices.htm)

## Where can I find free or low-cost legal help?

Northern California	Southern California
<ul style="list-style-type: none"><li>• <b>Legal Aid at Work</b> (www.legalaidatwork.org); (415) 864-8848 <a href="http://www.legalaidatwork.org/es/">Spanish</a> (www.legalaidatwork.org/es/)</li><li>• <b>Advancing Justice</b> – Asian Law Caucus (www.advancingjustice-alc.org) (415) 896-1701</li><li>• <b>Chinese for Affirmative Action</b> (www.caasf.org); (415) 274-6750 <a href="http://www.caasf.org/zh-hant/">Chinese</a> (www.caasf.org/zh-hant/)</li><li>• <b>Instituto Laboral de la Raza</b> (www.ilaboral.org); (415) 431-7522 <a href="http://www.ilaboral.org/indexb-sp.html">Spanish</a> (www.ilaboral.org/indexb-sp.html)</li><li>• <b>Equal Rights Advocates</b> – focus on women (www.equalrights.org/) (415) 621-0672 or 800-839-4372 <a href="http://www.equalrights.org/era-en-espanol">Spanish</a> (www.equalrights.org/era-en-espanol)</li></ul>	<ul style="list-style-type: none"><li>• <b>Employment Law Unit at the Legal Aid Foundation, Los Angeles</b> - legal representation in multiple languages. (www.lafla.org/index.php) (213) 640-3950 or (800) 399-4529</li><li>• <b>Bet Tzedek</b> – free legal services for low-income individuals and families (www.bettzedek.org) (323) 939-0506</li><li>• <b>Wage Justice Center</b> (www.wagejustice.org/) (213) 273-8400</li></ul>
	Other areas of California
	Search for “free legal services” or “legal aid” in your area on the Internet.

## What if I'm hurt on the job?

If you suffer from a work-related illness or injury you may be eligible for workers' compensation benefits and medical care. You may also have a reason to file a lawsuit.

**Workers' Compensation Office:** information about your right to benefits and medical care (www.dir.ca.gov/DWC/InjuredWorker.htm); (800) 648-3132  
[Spanish](http://www.dir.ca.gov/DWC/Spanish/InjuredWorker.htm) (www.dir.ca.gov/DWC/Spanish/InjuredWorker.htm)

**Private Attorney:** to find workers' compensation attorneys in your area, call the California Applicants' Attorneys Association at (800) 648-3132 or [visit their website](http://www.caaa.org) (www.caaa.org). Enter your zip code in the “attorney search” box at the top of the page.