

Where Workers Can Get Help

Where can I get information about...

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
 - www.cdph.ca.gov/programs/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**
www.cdph.ca.gov/HealthInfo/workplace/Pages/WorkerLinks.aspx
Spanish: www.cdph.ca.gov/HealthInfo/workplace/Pages/SpanishLinks.aspx
 - **Hazard Evaluation System and Information Service (HESIS), CA Dept. of Public Health**
(866) 282-5516 (toll-free in California) www.cdph.ca.gov/programs/hesis
 - **National Institute for Occupational Safety & Health (NIOSH)**
(800) 232-4636 www.cdc.gov/niosh Spanish: www.cdc.gov/spanish/niosh
 - **If your doctor needs help treating work-related illness**
www.cdph.ca.gov/HealthInfo/workplace/Pages/ProviderLinks.aspx#specialists
 - **Labor Occupational Health Program, University of California, Berkeley**
(510) 642-5507 www.lohp.org
 - **Labor Occupational Safety and Health Program, University of California, Los Angeles**
(310) 794-5964 www.losh.ucla.edu
 - **AFL-CIO, American Federation of Labor** www.aflcio.org/Issues/Job-Safety
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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.
(510) 620-5600 www.cdph.ca.gov/programs/clppb
- **To find out how to get a child or family member tested for lead,** contact your local childhood lead program: www.cdph.ca.gov/programs/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 find a Cal/OSHA office near you: (510) 286-7000

www.dir.ca.gov/dosh/DistrictOffices.htm • www.dir.ca.gov/DOSH/WorkersPage.htm

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: 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. For more information or to find an office near you to file a complaint

www.dir.ca.gov/dlse/DistrictOffices.htm Spanish: www.dir.ca.gov/dlse/districtOffices_Spanish.htm

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

Northern California	Southern California
<ul style="list-style-type: none">• Legal Aid Society, Employment Law Center (415) 864-8848 www.las-elc.org Spanish: www.las-elc.org/index_sp.html• Advancing Justice – Asian Law Caucus (415) 896-1701 www.advancingjustice-alc.org• Chinese for Affirmative Action (415) 274-6750 www.caasf.org Chinese: www.caasf.org/zh-hant/• Instituto Laboral de la Raza (415) 431-7522 www.ilaboral.org Spanish: www.ilaboral.org/indexb-sp.html• Equal Rights Advocates – focus on women (415) 621-0672 or 800-839-4372 www.equalrights.org/ Spanish: www.equalrights.org/era-en-espanol/	<ul style="list-style-type: none">• Employment Law Unit at the Legal Aid Foundation, Los Angeles - legal representation in multiple languages. (213) 640-3950 or (800) 399-4529 www.lafla.org/index.php• Bet Tzedek – free legal services for low-income individuals and families (323) 939-0506 www.bettzedek.org• Wage Justice Center (213) 273-8400 www.wagejustice.org/
	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: for information about your right to benefits and medical care:

(800) 736-7401 www.dir.ca.gov/DWC/InjuredWorker.htm

Spanish: 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 www.caaa.org. Enter your zip code in the “attorney search” box at the top of the page.