

REVISION DATE: 01/21
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2 Labor Law Postings

(Part 1 of 2)

Must be posted in a conspicuous place for convenient viewing by all employees and applicants.

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ACCESS TO MEDICAL/EXPOSURE RECORDS

ACCESS TO MEDICAL AND EXPOSURE RECORDS

BY CAL/OSHA REGULATION
 - GENERAL INDUSTRY SAFETY ORDER 3204 -
 YOU HAVE THE RIGHT TO SEE AND COPY:

- Your medical records and records of exposure to toxic substances or harmful physical agents.
- Records of exposure to toxic substances or harmful physical agents of other employees with work conditions similar to yours.
- Safety Data Sheets (SDS) or other information that exists for chemicals or substances used in the workplace, or which employees may be exposed.

THESE RECORDS ARE AVAILABLE AT: *Employee*

FROM: *Person Responsible*

A COPY OF THE GENERAL INDUSTRY SAFETY ORDER 3204 IS AVAILABLE FROM:

The above information satisfies the requirements of CIO204 (9), which may be fulfilled by posting this placard in the workplace, or by any similar method the employer chooses.

www.dir.ca.gov/ohsa.html

Division of Occupational Safety and Health
 1015 Clay Street, Suite 101
 Oakland, CA 94612
 Phone: (510) 286-7000
 Fax: (510) 286-7001

TIME OFF FOR VOTING

THE OFF TO VOTE

If you are scheduled to be at work during that time and you do not need sufficient time to vote at least two hours before the election, you may take up to two hours off from your regular work schedule on the day of the election without losing any pay.

You may take as much time as you need to vote, but only two hours of that time will be paid.

Your time off for voting can be only at the beginning or end of your regular work shift, and only if you have received the time off from your regular work shift, unless you have another agreement with your employer.

If three working days before the election you think you will need time off to vote, you must notify your employer at least two working days prior to the election.

UNEMPLOYMENT INSURANCE

Notice to Employees:

This employer is registered with the Employment Development Department (EDD) as required by the California Unemployment Insurance Code and is reporting wage credits to the EDD that are being accumulated for you to be used as a basis for:

- Unemployment Insurance (UI)** (funded entirely by employees' contributions)
- Disability Insurance (DI)** (funded by employees' contributions and provides partial wage replacement benefits to eligible Californians who are unable to work due to a non-work-related illness, injury, pregnancy, or disability)
- Paid Family Leave (PFL)** (funded by employees' contributions and provides partial wage replacement benefits to eligible Californians who need time off to care for seriously ill child, parent, grandparent, grandchild, sibling, spouse, or registered domestic partner. Benefits are available to parents who need time off to care for their child, adoptive or foster child, or child-in-placement. Benefits are also available for eligible Californians who need time off to participate in a qualifying event resulting from a spouse, registered domestic partner, parent, or child's military deployment to a foreign country)

Your employer must provide the *Paid Family Leave (PFL)* brochure, to newly hired employees and to each employee who is unable to work due to a non-work-related illness, injury, pregnancy, or disability.

How to File a New UI Claim

Use one of the following methods:

- Online: SDI Online is the fastest and most convenient way to file your UI claim. Visit SDI.Online.tedk.ca.gov/SDI_OnLine to get started.
- Phone: Representatives are available at the following toll-free numbers, Monday through Friday between 8 a.m. to 12 noon (Pacific Standard Time) except during state holidays.
 - English: 1-800-356-5616 Cantonese: 1-800-547-2058
 - Spanish: 1-800-326-9397 Mandarin: 1-866-383-0676 TTY: 1-800-815-3807
- Fax or Mail: After accessing UI Online to file a new claim, some customers will be instructed to fax or mail their UI application to the EDD. If this occurs, the application in Qualifying Application (ED 11007) will display. For later and more secure processing, fax the completed form to the number listed on the form. If mailing your UI application, use the address on the form and allow additional time for processing.

Important: Waiting to file your UI claim may delay benefit payments.

How to File a New DI Claim

Use one of the following methods:

- Online: SDI Online is the fastest and most convenient way to file your claim. Visit SDI.Online.tedk.ca.gov/SDI_OnLine to get started.
- Mail: To file a claim with the EDD by mail, complete and submit a Claim for Disability Insurance (DI) Benefits (DI 2501) form. You can obtain a paper claim form from your employer, a physician/practitioner, visiting a State Disability Insurance office, online at EDD.Forms and Publications.tedk.ca.gov/forms, or by calling 1-800-480-3387.

Note: If your employer maintains an approved Voluntary Plan for DI coverage, contact your employer for assistance.

For more information about DI, visit State.Disability.Insurance.tedk.ca.gov/disability or call 1-800-480-3387.

State government employees should call 1-866-352-7675.

TTY (for deaf or hearing-impaired individuals only) is available at 1-800-563-2441.

Paid Family Leave (funded entirely by employees' contributions)

Paid Family Leave (PFL) is funded by employees' contributions and provides partial wage replacement benefits to eligible Californians who need time off to care for seriously ill child, parent, grandparent, grandchild, sibling, spouse, or registered domestic partner. Benefits are available to parents who need time off to care for their child, adoptive or foster child, or child-in-placement. Benefits are also available for eligible Californians who need time off to participate in a qualifying event resulting from a spouse, registered domestic partner, parent, or child's military deployment to a foreign country.

Your employer must provide the *Paid Family Leave (PFL)* brochure, to newly hired employees and to each employee who is taking time off to care for a seriously ill family member, to bond with a new child, or to provide a qualifying event.

How to File a New PFL Claim

Use one of the following methods:

- Online: SDI Online is the fastest and most convenient way to file your claim. Visit SDI.Online.tedk.ca.gov/SDI_OnLine to get started.
- Mail: To file a claim with the EDD by mail, complete and submit a Claim for Paid Family Leave (PFL) Benefits (DI 2501F) form. You can obtain a paper claim form from your employer, a physician/practitioner, visiting a State Disability Insurance office, online at EDD.Forms and Publications.tedk.ca.gov/forms, or by calling 1-877-238-4373.

Note: If your employer maintains an approved Voluntary Plan for PFL coverage, contact your employer for assistance.

For more information about PFL, visit State.Disability.Insurance.tedk.ca.gov/pfl or call 1-877-238-4373.

State government employees should call 1-866-352-7675.

TTY (for deaf or hearing-impaired individuals only) is available at 1-800-445-1312.

Note: Some employees may be exempt from coverage by the above insurance programs. It is illegal to make a false statement or to withhold facts to claim benefits. For additional information, visit the EDD.tedk.ca.gov.

WHISTLEBLOWER PROTECTION

WHISTLEBLOWERS ARE PROTECTED

It is the public policy of the State of California to encourage employees to notify an appropriate government or law enforcement agency, person with authority over the employee, or another employee with authority to investigate, discover, or correct the violation or noncompliance, and to provide information to and testify before a public body conducting an investigation, hearing or inquiry, when they have reason to believe their employer is violating a state or federal statute, or violating or not complying with a local, state or federal rule or regulation.

Who is protected?

Pursuant to [California Labor Code Section 1102.5](#), employees are the protected class of individuals. "Employee" means any person employed by an employer, private or public, including, but not limited to, individuals employed by the state or any subdivision thereof, any county, city, city and county, including any charter city or county, and any school district, community college district, municipal or public corporation, political subdivision, or the University of California. [California Labor Code Section 1106]

What is a whistleblower?

A "whistleblower" is an employee who discloses information to a government or law enforcement agency, person with authority over the employee, or to another employee with authority to investigate, discover, or correct the violation or noncompliance, or who provides information to or testifies before a public body conducting an investigation, hearing or inquiry, where the employee has reasonable cause to believe that the information discloses:

- A violation of a state or federal statute,
- A violation or noncompliance with a local, state or federal rule or regulation, or
- With reference to employee safety or health, unsafe working conditions or work practices in the employee's employment in a place of employment.

A whistleblower can also be an employee who refuses to participate in an activity that would result in a violation of a state or federal statute, or a violation of or noncompliance with a local, state or federal rule or regulation.

What protections are afforded to whistleblowers?

- An employer may not make, adopt, or enforce any rule, regulation, or policy preventing an employee from being a whistleblower.
- An employer may not retaliate against an employee who is a whistleblower.
- An employer may not retaliate against an employee for refusing to participate in an activity that would result in a violation of a state or federal statute, or a violation or noncompliance with a state or federal rule or regulation.
- An employer may not retaliate against an employee for having exercised his or her rights as a whistleblower in any former employment.

Under [California Labor Code Section 1102.5](#), if an employer retaliates against a whistleblower, the employer may be required to reinstate the employee's employment and work benefits, pay lost wages, and take other steps necessary to comply with the law.

How to report improper acts

If you have information regarding possible violations of state or federal statutes, rules, or regulations, or violations of fiduciary responsibility by a corporation or limited liability company to its shareholders, investors, or employees, call the **California State Attorney General's Whistleblower Hotline at 1-800-952-5225**. The Attorney General will refer your call to the appropriate government authority for review and possible investigation.

OSHA SAFETY AND HEALTH PROTECTION ON THE JOB

State of California
 Department of Industrial Relations

California law provides workplace safety and health protections for workers through regulations enforced by the Division of Occupational Safety and Health (Cal/OSHA). This poster explains some basic requirements and procedures to comply with the state's workplace safety and health standards and orders. The law requires that this poster be displayed. Failure to do so could result in a substantial penalty. Cal/OSHA standards can be found at www.dir.ca.gov/ohsa/inquiry.html.

WHAT AN EMPLOYER MUST DO:

- Employers must provide work and workplaces that are safe and healthful. In other words, as an employer, you must follow state laws governing job safety and health. Failure to do so can result in a threat to the life or health of workers, and substantial monetary penalties. This is done by contacting the local Cal/OSHA district office.
- You must display this poster in a conspicuous place where notices to employees are customarily posted so everyone on the job can be aware of basic rights and responsibilities.
- You must have a written and effective injury and illness Prevention Program (IPP) meeting the requirements of California Code of Regulations, title 8, section 3203 (www.dir.ca.gov/ohsa3203.html) and provide access to employees and their designated representatives.
- You must be aware of hazards your employees face on the job and keep records showing that each employee has been trained in the hazards unique to each job assignment.
- You must correct any hazardous condition that you know may result in injury to employees. Failure to do so could result in criminal charges, monetary penalties, and even incarceration.
- You must notify a local Cal/OSHA district office of any serious injury or illness, or death, that occurs on the job. Be sure to do this immediately after calling for emergency help to assist the injured employee. Failure to report a serious injury or illness, or death, within 8 hours can result in a minimum civil penalty of \$5,000.

WHAT AN EMPLOYER MUST NEVER DO:

- Never permit an employee to do work that violates Cal/OSHA workplace safety and health regulations.
- Never permit an employee to be exposed to harmful substances without providing adequate protection.
- Never allow an untrained employee to perform hazardous work.

EMPLOYEES HAVE CERTAIN WORKPLACE SAFETY & HEALTH RIGHTS:

- As an employee, you (or someone acting for you) have the right to file a confidential complaint and request an inspection of your workplace if you believe conditions there are unsafe or unhealthful. This is done by contacting the local Cal/OSHA district office (see below). Your name is not revealed by Cal/OSHA, unless you request otherwise.
- You also have the right to bring unsafe or unhealthful conditions to the attention of the local Cal/OSHA district office.
- You and your designated representative have the right to access the employer's IPP.
- Any employee has the right to refuse to perform work that would violate an occupational safety or health standard or order where such violation would create a real and substantial hazard to the employee.
- You may not be fired or punished in any way for filing a complaint about unsafe or unhealthful working conditions, or for otherwise exercising your rights to a safe and healthful workplace. If you feel that there has been any retaliation for exercising your rights, you may file a complaint about this type of discrimination by contacting the Division of Occupational Safety and Health Administration (DOSH) at the Department of Industrial Relations (Employers of state or local government agencies may only file these complaints with the California Labor Commissioner's Office). Consult your local telephone directory for the office's nearest you.

EMPLOYEES ALSO HAVE RESPONSIBILITIES:

- To keep the workplace and your coworkers safe, you should tell your employer about any hazard that could result in an injury or illness or death.
- While working, you must always obey state workplace safety and health laws.

HELP IS AVAILABLE:

To learn more about workplace safety rules, you may contact Cal/OSHA Consultation Services for free information, required forms, and publications. You can also contact a local district office of Cal/OSHA. If you prefer, you may retain a competent private consultant, or ask your workers' compensation insurance carrier for guidance in obtaining information.

Call the FREE Worker Information Helpline – (866) 924-9757

DIVISION OF OCCUPATIONAL SAFETY AND HEALTH (CAL/OSHA)
 HEADQUARTERS: 1615 Clay Street, Ste. 1901, Oakland, CA 94612 • Telephone (510) 286-7000

Cal OSHA Consultation Services

American Canyon	3419 Broadway St., Ste. H8, American Canyon 94503	(707) 469-3700	Field / Area Offices
Bakersfield	7716 Meany Ave., Bakersfield 93308	(805) 588-6400	• Fresno / Central Valley 2550 Mariposa Mall, Rm. 2005 (559) 445-6800
Beaumont	1005 E. Main St., Ste. 110, Foster City 94434	(650) 573-2812	• Fresno / Central Valley 2550 Mariposa Mall, Rm. 2005 (559) 445-6800
Brentwood	3914 Civic Center Dr., Ste. 310, Fremont 94538	(510) 794-2521	• Palmdale / Los Angeles 11 Centerville Dr., Ste. 150 (714) 562-5525
Fresno	2550 Mariposa St., Rm. 4000, Fresno 93721	(559) 445-5202	• Oakland / Bay Area 1515 Clay St., Ste. 1103 (510) 622-2891
Fullerton	3929 Atlantic Ave., Ste. 212, Long Beach 90807	(562) 508-0110	• Oakland 94012 (510) 622-2891
Los Angeles	320 West Fourth St., Rm. 820, Los Angeles 90013	(213) 576-7451	• Sacramento / Northern CA 1750 Howe Ave., Ste. 490 (916) 263-0704
Manteca	4200 Technology Dr., Ste. 3, Modesto 95206	(209) 545-7210	• San Bernardino 464 West Fourth St., Ste. 339 (909) 383-4567
Oakland	800 Royal Oaks Dr., Ste. 100, Morrovia 91916	(916) 228-0369	• San Diego / Imperial County 7575 Metrolpoulos Dr., Ste. 204 (619) 767-2060
Oakland	1515 Clay St., Ste. 1303, Box 41, Oakland 94612	(510) 622-2916	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754
Redding	381 Herndon Dr., Redding 96002	(530) 224-4743	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754
Sacramento	1750 Howe Ave., Ste. 430, Sacramento 95825	(916) 263-0700	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754
San Bernardino	464 West Fourth St., Ste. 332, San Bernardino 92401	(909) 383-4521	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754
San Diego	7575 Metrolpoulos Dr., Ste. 207, San Diego 92108	(619) 767-2060	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754
San Diego	2455 Golden Gate Ave., Rm. 9516, San Francisco 94105	(415) 557-0100	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754
Santa Ana	2 MacArthur Place, Suite 720, Santa Ana 92707	(714) 508-4451	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754
San Francisco	455 Golden Gate Ave., Rm. 9516, San Francisco 94105	(415) 557-0100	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754

Regional Offices

San Francisco	455 Golden Gate Ave., Rm. 9516, San Francisco 94102	(415) 557-0300
Sacramento	1750 Howe Ave., Ste. 440, Sacramento 95825	(916) 263-2800
San Bernardino	2 MacArthur Place, Suite 720, Santa Ana 92706	(714) 508-4500
Monrovia	800 Royal Oaks Dr., Ste. 105, Morrovia 91916	(916) 471-9212

Consulation Region Office

Fresno	2550 Mariposa Mall, Rm. 3014	(559) 445-6800
Fresno	2550 Mariposa Mall, Rm. 3014	(559) 445-6800

Enforcement of Cal/OSHA workplace safety and health standards is carried out by the Division of Occupational Safety and Health under the California Department of Industrial Relations, which has primary responsibility for administering the Cal/OSHA Program. Safety and health standards are promulgated by the Occupational Safety and Health Standards Board. Anyone desiring to register a complaint alleging inadequacy in the administration of the Cal/OSHA Safety and Health Program may do so by contacting the San Francisco Regional Office of the Occupational Safety and Health Administration (OSHA), U.S. Department of Labor, at (415) 625-2547. OSHA monitors the operation of state plans to assure that continued approval is maintained. **October 2020**

PAYDAY NOTICE

Division of California Department of Industrial Relations
 State of Labor Standards Enforcement

PAYDAY NOTICE

REGULAR PAYDAYS FOR EMPLOYEES OF _____ (FIRM NAME)

SHALL BE AS FOLLOWS:

THIS IS IN ACCORDANCE WITH SECTIONS 204, 204A, 204B, 205, AND 205.5 OF THE CALIFORNIA LABOR CODE

BY _____ TITLE _____

PLEASE POST

MINIMUM WAGE SUPPLEMENT

PLEASE POST NEXT TO YOUR TWC OR INDUSTRY OCCUPATION ORDER

OFFICIAL NOTICE

California Minimum Wage

MW-2021

EFFECTIVE DATE	Employees with 25 or Fewer Employees*	Employees with 26 or More Employees*
January 1, 2021	\$13.00	\$14.00
January 1, 2022	\$14.00	\$15.00
January 1, 2023	\$15.00	\$16.00

PREVIOUS YEAR

January 1, 2020	\$12.00	\$13.00
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*Employees hired at employment by a single qualified trigger person to increase and Trainee Code section 29029 are treated as employees of that single trigger. To employ and reemploy of persons working in industries and occupations in the State of California.

SUMMARY OF ACTIONS

TAKE NOTICE THAT as of April 1, 2016, the General Council of Industrial Legislation passed by the California Legislature, raising the minimum wage for all employees (SB 3, State of California, standing order) from the minimum wage in authority under Labor Code section 118.12 to the Department of Industrial Relations' annual and republication Sections 2.1, 2.5 and of the General Minimum Wage Order, MW-2019, Section 1, Applicability, and Section 4, Applicability, has not been changed.

Consistent with this statement, amendments are made to the minimum wage, and the table and including order section of the California minimum wage and occupation orders.

This notice may be made available to the TWC by email. Contact the TWC at 800-952-5225 for more information. This notice may be obtained by downloading online at www.dir.ca.gov/ohsa/minimum-wage and by contacting your local Division of Labor Standards Enforcement office.

EMERGENCY NUMBERS

FAIR EMPLOYMENT

CALIFORNIA LAW PROHIBITS WORKPLACE DISCRIMINATION & HARASSMENT

THE DEPARTMENT OF FAIR EMPLOYMENT AND HOUSING
 THE MISSISSIPPI OF THE DEPARTMENT OF FAIR EMPLOYMENT
 FROM ILLEGAL DISCRIMINATION IN EMPLOYMENT AND HOUSING
 AND PUBLIC ACCOMMODATIONS AND FROM THE PERSUASION OF ACTS OF VIOLENCE AND HARASSMENT

THE CALIFORNIA DEPARTMENT OF Fair Employment and Housing (DFEH) enforces laws that protect you from illegal discrimination and harassment in employment based on your actual or perceived:

- ANCESTRY
- AGE (40 and above)
- COLOR
- DISABILITY (physical, mental, HIV and AIDS)
- GENETIC INFORMATION
- GENDER IDENTITY, GENDER EXPRESSION
- MARITAL STATUS
- MEDICAL CONDITION (genetic characteristics, cancer or a record or history of cancer)
- MILITARY OR VETERAN STATUS

NATIONAL ORIGIN (includes language use and possession of a driver's license issued to persons unable to prove their presence in the United States is authorized under federal law)

RACE (including, but not limited to, hair texture and protective hairstyles. Protective hairstyles includes, but is not limited to, such hairstyles as braids, locks, and twists)

RELIGION (includes religious dress and grooming practices)

SEX/GENDER (includes pregnancy, childbirth, breastfeeding and/or related medical conditions)

SEXUAL ORIENTATION

Job Location: _____
Address: _____
Fire - Rescue: _____
Hospital: _____
Physical / Medical Clinic: _____
Alternate: _____
Police: _____
Cal/OSHA District: _____
Cal/OSHA Consultation: _____

Posting is required by Title 8 Section 151206, California Code of Regulations.

OSHA PROTECCION DE SEGURIDAD Y SALUD EN EL TRABAJO

Estado de California
 Departamento de Relaciones Industriales

La ley de California provee protección a la salud y seguridad laboral de los trabajadores mediante regulaciones impuestas por la División de Seguridad y Salud Ocupacional de California (Cal/OSHA). Este cartel explica algunos de los requisitos y procedimientos básicos para cumplir con las normas estatales de seguridad y salud en el trabajo y los trabajadores y resultados de Cal/OSHA. El incumplimiento de esta norma podría resultar en sanciones económicas. Las normas de Cal/OSHA pueden encontrarse en www.dir.ca.gov/ohsa/inquiry.html.

QUE DEBE HACER EL EMPLEADOR:

- Todos los trabajadores deben proporcionar trabajo y lugares de trabajo seguros y saludables.
- Dentro de una firma, usted como empleador debe seguir las leyes estatales (iguales a las que se aplican a los empleados). El incumplimiento de estas leyes puede exponer a una amenaza a la salud o a la vida de los trabajadores y resultados de Cal/OSHA.
- Debe figurar escrito en el lugar de trabajo y donde se firmen normalmente los avisos a los empleados con el fin de que todos en el trabajo estén conscientes de sus derechos y responsabilidades laborales.
- Debe contar con un programa que sea eficaz para la prevención de lesiones e enfermedades ocupacionales, como un programa de seguridad y salud ocupacional (SSO) que incluya un programa de prevención de lesiones e enfermedades ocupacionales (PPE) y un programa de prevención de lesiones e enfermedades ocupacionales (PPE) y un programa de prevención de lesiones e enfermedades ocupacionales (PPE).
- Debe mantener un registro de lesiones e enfermedades ocupacionales que ocurran en el trabajo y mantener documentos indicando que cada trabajador ha sido capacitado sobre los riesgos profesionales de cada asignación de trabajo.
- Debe mantener un registro de lesiones e enfermedades ocupacionales que ocurran en el trabajo y mantener documentos indicando que cada trabajador ha sido capacitado sobre los riesgos profesionales de cada asignación de trabajo.
- Debe mantener un registro de lesiones e enfermedades ocupacionales que ocurran en el trabajo y mantener documentos indicando que cada trabajador ha sido capacitado sobre los riesgos profesionales de cada asignación de trabajo.
- Debe mantener un registro de lesiones e enfermedades ocupacionales que ocurran en el trabajo y mantener documentos indicando que cada trabajador ha sido capacitado sobre los riesgos profesionales de cada asignación de trabajo.

QUE NO DEBE HACER NUNCA EL EMPLEADOR:

- Nunca permita que un empleado realice trabajo que infrinja las regulaciones de Cal/OSHA de la seguridad y salud en el lugar de trabajo.
- Nunca permita que un empleado sea expuesto a sustancias peligrosas sin proporcionar la protección adecuada.
- Nunca permita que un empleado que no ha sido capacitado realice trabajo peligroso.

LOS EMPLEADORES TIENEN CIERTOS DEBERES DE SEGURIDAD Y SALUD LABORAL:

- Como empleado, usted al igual que cada uno de nosotros tiene el derecho a presentar una denuncia confidencial y solicitar una inspección de su lugar de trabajo si considera que las condiciones son inseguras o insalubres. Esto se puede hacer al contactar a la oficina local del distrito o a la oficina de los trabajadores y resultados de Cal/OSHA o al llamar al número de teléfono de la línea gratuita de Cal/OSHA.

LOS EMPLEADOS TAMBIÉN TIENEN RESPONSABILIDADES:

- Para mantener un lugar de trabajo y su compañeros de trabajo seguros y saludables, debe notificar a su supervisor de cualquier lesión o enfermedad que sufra como trabajador.
- Mientras trabaja, debe siempre obedecer las leyes estatales de seguridad y salud laboral.

LA AYUDA ESTÁ DISPONIBLE:

- Para obtener más sobre las normas de seguridad laboral, puede contactar al Servicio de Consulta de Cal/OSHA para recibir información gratuita, documentos regulatorios y publicaciones. También puede contactar a la oficina local del distrito de Cal/OSHA si prefiere, puede contactar al asesor gratuito, competente o con licencia de una compañía de seguridad de los trabajadores para obtener información.

Llame GRATIS a la Línea de Información al Trabajador – (866) 924-9757

DIVISION DE SALUD Y SEGURIDAD OCCUPACIONAL (CAL/OSHA)
 SEDE PRINCIPAL: 1615 Clay Street, Ste. 1901, Oakland, CA 94612 • Teléfono (510) 286-7000

Servicios de Consulta de Cal/OSHA

American Canyon	3419 Broadway St., Ste. H8, American Canyon 94503	(707) 469-3700	Oficinas de campo de Cal/OSHA
Bakersfield	7716 Meany Ave., Bakersfield 93308	(805) 588-6400	• Fresno / Central Valley 2550 Mariposa Mall, Rm. 2005 (559) 445-6800
Beaumont	1005 E. Main St., Ste. 110, Foster City 94434	(650) 573-2812	• Fresno / Central Valley 2550 Mariposa Mall, Rm. 2005 (559) 445-6800
Brentwood	3914 Civic Center Dr., Ste. 310, Fremont 94538	(510) 794-2521	• Palmdale / Los Angeles 11 Centerville Dr., Ste. 150 (714) 562-5525
Fresno	2550 Mariposa St., Rm. 4000, Fresno 93721	(559) 445-5202	• Oakland / Bay Area 1515 Clay St., Ste. 1103 (510) 622-2891
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San Francisco	455 Golden Gate Ave., Rm. 9516, San Francisco 94105	(415) 557-0100	• San Fernando Valley 6150 Van Nuys Blvd., Ste. 307 (818) 901-5754

Oficinas de distrito

San Francisco	455 Golden Gate Ave., Rm. 9516, San Francisco 94102	(415) 557-0300
Sacramento	1750 Howe Ave., Ste. 440, Sacramento 95825	(916) 263-2800
San Bernardino	2 MacArthur Place, Suite 720, Santa Ana 92706	(714) 508-4500
Monrovia	800 Royal Oaks Dr., Ste. 105, Morrovia 91916	(916) 471-9212

Oficina regional de Servicios de Consulta

Fresno	2550 Mariposa Mall, Rm. 3014	(559) 445-6800
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WORKERS' COMPENSATION

STATE OF CALIFORNIA - DEPARTMENT OF INDUSTRIAL RELATIONS
 Division of Workers' Compensation

Notice of Benefits-Injuries Caused By Work

You may be entitled to workers' compensation benefits if you are injured or become ill because of your job. Workers' compensation covers most work-related physical or mental injuries and illnesses. An injury or illness can be caused by one event (such as hurting your back in a fall) or repeated exposures (such as hurting your wrist from doing the same motion over and over).

Benefits. Workers' compensation benefits include:

- Medical Care (DWIC):** Hospital services, physical therapy, lab tests, x-rays, medicines, medical equipment and travel costs that are reasonably necessary to treat your injury. You should never see a doctor. There are limits on chiropractic, physical therapy and occupational therapy visits.
- Temporary Disability (TD) Benefits:** Payments if you lose wages while recovering. For most injuries, TD benefits may not be paid for more than 104 workweeks from the date of your injury. In writing, the name and address of your personal physician or medical group before you are injured. You must obtain their agreement to treat you for your injury. For instructions, see the written information about workers' compensation that your employer is required to give you for new employees.
- Permanent Disability (PD) Benefits:** Payments if you do not recover completely and your injury causes a permanent loss of physical or mental function that a doctor can measure.
- Supplemental Job Displacement Benefit:** A nontransferable voucher, if you are injured on or after 1/1/2004, your injury causes permanent disability, and your employer does not offer retraining, modified, or alternative work.
- Death Benefits:** Paid to your dependents if you die from a work-related injury or illness.

Notifying Your Own Physician Before Injury or Illness (Pre-designation). You may be able to choose the doctor who will treat you for a job injury or illness. If eligible, you must tell your employer, in writing, the name and address of your personal physician or medical group before you are injured. You must obtain their agreement to treat you for your injury. For instructions, see the written information about workers' compensation that your employer is required to give you for new employees.

If You Get Hurt:

- Get Medical Care.** If you need emergency care, call 911 for help immediately from the hospital