

## About this Guide

This guide is intended for use by workers and their unions in New Jersey. It presents a practical approach for solving health and safety problems and points readers to many helpful resources in New Jersey and elsewhere.

PART ONE covers what workers and their unions can do to make workplaces safer. There are 12 sections covering worker rights, health and safety committees and their activities, documenting hazards, promoting workplace improvements, involving allies, and taking action.

PART TWO covers outside help available to workers. There are nine sections covering protection from discrimination, worker training, the media, regulatory agencies, medical care, and compensation.

PART THREE contains six sections with resources on common hazards, OSHA/NJPEOSH standards, surveys, letters, phone numbers and websites.

### ABOUT OSHA AND NJPEOSH

There are references to OSHA and NJPEOSH throughout this guide, abbreviated as OSHA/NJPEOSH. OSHA is the U.S. Occupational Safety and Health Administration, a federal agency that enforces health and safety standards in private and federal sector workplaces. NJPEOSH is N.J. Public Employees Occupational Safety and Health, a state program that does the same for New Jersey state, county, and municipal government, public and charter schools, and public colleges and universities.



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