## Cal/OSHA Consultation Services Branch

TOLL-FREE 1-800-963-9424

INTERNET www.dir.ca.gov/dosh/consultation.html

E-MAIL InfoCons@dir.ca.gov

### On-Site Assistance Program Area Offices

1 Sacramento Northern California (916) 263-0704

Oakland
San Francisco/Bay Area
(510) 622-2891

3 Fresno Central Valley (559) 445-6800

4 Van Nuys San Fernando Valley (818) 901-5754

5 La Palma La Palma, Los Angeles Metro Area, Orange County (714) 562-5525

6 San Bernardino San Bernardino, Inyo and Riverside Counties (909) 383-4567

 San Diego
 Imperial and San Diego Counties (619) 767-2060

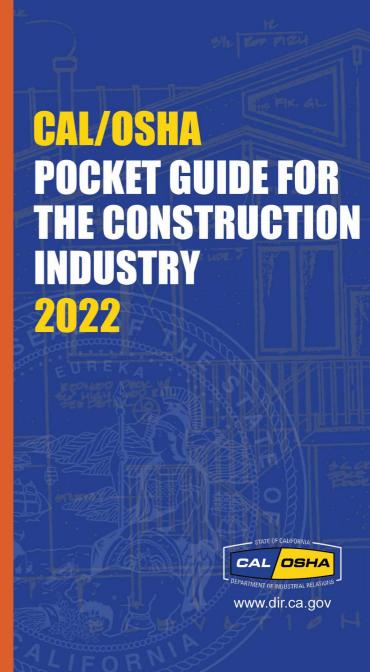
California Voluntary Protection Program Oakland: (510) 622-1081

#### **Worker Information Hotline**

For telephone numbers and website addresses to help workers with safety and health and other workplace concerns call DIR's Toll-Free Number: 1-866-924-9757

Updated July 2022

**CAL/OSHA POCKET GUIDE FOR** 



#### This Guide...

does not provide full legal interpretation of Cal/OSHA regulations or their underlying statutes.

Readers should refer directly to Cal/OSHA title 8 regulations in the California Code of Regulations (www.dir.ca.gov/samples/search/query.htm) and to the California Labor Code (http://leginfo.legislature.ca.gov/faces/codes.xhtml) for detailed information regarding the scope, specifications, and exceptions of a particular regulation and for other requirements that may be applicable to their operations.

#### Publications Unit—Updated July 2022

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To obtain copies of Cal/OSHA safety and health publications, contact a Cal/OSHA Consultation Services office listed in the back of this booklet, or go to www.dir.ca.gov/dosh/puborder.asp.

# Division of Occupational Safety and Health (DOSH) Headquarters

1515 Clay Street, Suite 1901, Oakland, CA 94612

Phone (510) 286-7000 Internet www.dir.ca.gov/dosh

#### CAL/OSHA ENFORCEMENT

To report workplace accidents and file complaints, contact the nearest Cal/OSHA Enforcement Office listed below:

#### **Regional Offices**

 San Francisco
 High Hazard Unit

 (415) 557-0300
 Santa Ana: (714) 567-7100

 Sacramento
 Oakland: (510) 622-3009

(916) 263-2803 **Monrovia** Santa Ana (626) 471-9122

#### **District Offices**

Fresno

(714) 558-4300

(661) 588-6400 (209) 545-7310 **Foster City Monrovia** (650) 573-3812 (626) 239-0369

Fremont Oakland (510) 794-2521 (510) 622-2916

Redding

(559) 445-5302 (530) 224-4743 Long Beach Sacramento

Long Beach Sacramento (424) 450-2630 (916) 263-2800

San Bernardino (909) 383-4321

**San Diego** (619) 767-2280

**San Francisco** (415) 557-0100

**Santa Ana** (714) 558-4451

Van Nuys (818) 901-5403