I Got Sick from my Job

Anonymous

I work in room service in a hotel. One day, my friend was cleaning trays with a cleaning solution. The smell was strong. It hurt my nose. I felt the fumes in my throat. That was eight years ago, and ever since then I have had allergies. I never had allergies before.

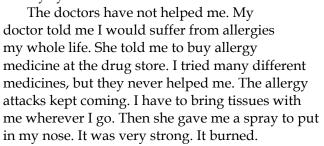
I am embarrassed because I have to blow my nose every few seconds. I cannot breathe through my nose. My eyes get wet and red like I am crying. I get a headache and back pain.

Now, whether I'm at work or at home, there



are so many things that make my allergies worse. I chop onion and garlic. I use vinegar and many spices. The smells are too strong for me. I use f our, and it makes me sneeze. Laundry detergent, gel, lotions, and all kinds of

products make me sneeze and give me watery eyes.



In my childhood, I did not have good nutrition. Maybe poor nutrition gave me a weak immune system. I am trying to treat my allergies by making my immune system stronger. I am taking Echinacea and vitamins. Echinacea is an herb that helps make your immune system stronger. I am trying to eat a healthy diet to make me stronger.

The author of this piece works in a major hotel.

Workers' Rights Quiz: True or False?			
1	There is a government agency that is supposed to protect most workers from health and safety hazards.	True	False
2	You have the right to a workplace that is free of known hazards.	True	False
3	Your boss does not have to give you information about safety and health hazards on the job.	True	False
4	You have the right to refuse dangerous work if you believe that you could be immediately hurt or killed <i>and</i> you asked your boss to eliminate the danger <i>and</i> there was no safer way to do the job.	True	False
5	Your boss can punish you for using your health and safety rights.	True	False

Print out a list of your rights and your employer's responsibilities at: <www.cpcs.umb.edu/lep/documents/OSHARights.pdf>. Undocumented workers also have rights. See: <www.cpcs.umb.edu/lep/UndocChart.pdf>. Find a local health and safety organization at: <www.coshnetwork.org/COSHGroupslist>.