

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 flour, and it makes me sneeze. Laundry detergent, gel, lotions, and all kinds of



products make me sneeze and give me watery eyes.



The doctors have not helped me. My doctor told me I would suffer from allergies my whole life. She told me to buy allergy medicine at the drug store. I tried many different medicines, but they never helped me. The allergy attacks kept coming. I have to bring tissues with me wherever I go. Then she gave me a spray to put in my nose. It was very strong. It burned.

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>.

Answers: 1. True. 2. True. 3. False. 4. True. 5. False.