



Work Accidents Know NO Borders!

Stay safe and healthy while posted to work abroad

Pocket guide for posted workers

This pocket guide provides essential information to posted workers on their rights and responsibilities regarding health and safety issues at work, where to go for help and what they should expect from their employers.

LEGAL FRAMEWORK AND REGULATIONS

If you are posted to another EU country to carry out a temporary service, your rights as regards working conditions and occupational health and safety are regulated by the minimum conditions and terms of employment of the country where you will provide services.

THINGS TO CONSIDER

- // discuss with your employer the risks associated with the service you will provide abroad
- // ask your employer about OSH regulations in the country where you are being posted to
- // make sure you are provided with functioning protective equipment before starting work – always use the required protective equipment

- // share any safety and health-related concerns with your employer and/or site manager
- // discuss with your employer the language barriers and how to overcome them
- // make sure that you are not working excessively and that you take enough breaks; if you are tired, you are more prone to accidents and disease
- // maintain hygiene to avoid possible health risks
- // inform your employer if you think you are not being treated fairly or are subject to bullying at workplace
- // in the case of an accident immediately inform your site-manager/supervisor, and if considered necessary the respective labour inspectorate
- // make sure that the accident is accurately documented
- // always carry a valid European Health Insurance Card and check if your employer has accident insurance for working abroad
- // inform your employer in the case of substandard housing conditions

For **more information** about your health and safety at work contact trade unions, labour inspectorates, NGOs and healthcare facilities in the country where you will provide services, or visit national OSH websites.

Keep in mind that work accidents can result in life-long disabilities and poor health. Always comply with the OSH regulations to keep yourself safe and healthy!

www.poosh.eu



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