

# Serving Oregon Workers

The Ombuds Office for Oregon Workers is the state office that serves as an independent advocate for workers by helping them understand their rights, protections, and responsibilities related to safety in the workplace and the workers' compensation system.



Department of  
Consumer and  
Business Services

Ombuds Office for Oregon Workers

# Ombuds Office for Oregon Workers

Our team has years of experience providing assistance to workers and helping them navigate our systems. We can give you straight answers, at no charge, about the following:

- » Your right to report an on-the-job accident
- » Your right to raise workplace safety and health concerns
- » Workers' compensation claim process
- » Time-loss and medical benefits
- » Returning to work after an injury
- » Workplace retaliation and discrimination protections
- » Litigation and settlement processes

800-927-1271 (toll-free)  
503-378-3351

Visit our website at  
[www.oregon.gov/DCBS/OOW](http://www.oregon.gov/DCBS/OOW)

Email: [oow.questions@dcbs.oregon.gov](mailto:oow.questions@dcbs.oregon.gov)

## **Se Habla Español**

The Ombuds team members are not attorneys and cannot represent you in legal proceedings. You may want to consult with an attorney who specializes in Oregon workers' compensation or labor laws.

