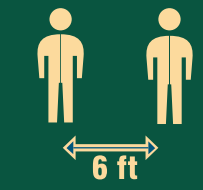
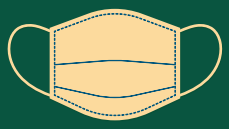
Oregon OSHA's COVID-19 Temporary Standard for all workplaces



Physical distancing

Workers must be separated from one another and other individuals by at least 6 feet.

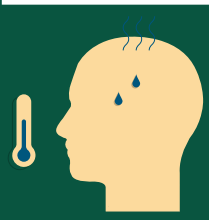


Facial covering

In most indoor environments, as well as outdoor situations where 6 feet of physical distance from others cannot be maintained, a proper face covering that covers the nose and mouth is required.

Workplace risk assessment

Talk to your employer about COVID-19 risks in the workplace and how to address them.



Notify your employer when you feel sick

Cough, shortness of breath, fever, etc.

Wash your hands often

Workers: If you have been quarantined due to COVID-19, contact your employer about available leave options.

You have the right to notify your employer or Oregon OSHA about workplace hazards. Oregon OSHA will keep your name confidential if you ask.

You have the right to report a work-related injury or illness, without being retaliated or discriminated against.

You can file a complaint with the Oregon Bureau of Labor and Industries within 90 days, or with federal OSHA within 30 days, of discrimination by your employer for making safety and health complaints or for exercising your rights under the Oregon Safe Employment Act.

English 1-800-922-2689	osha.oregon.gov	Español 1-800-843-8086

The rule and other resources

440-5504 (9/20/COM)