

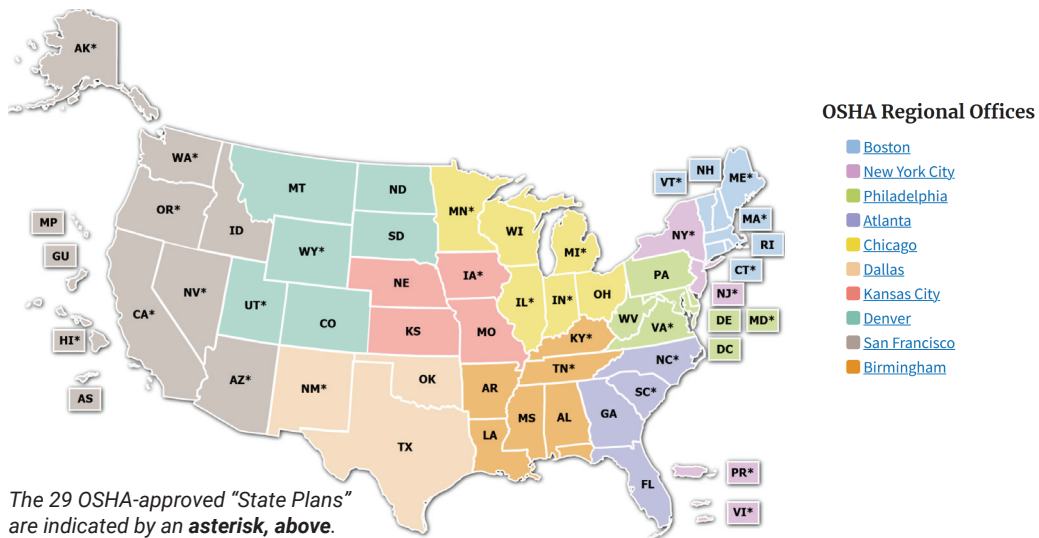


LOCATOR MAP: NEW OSHA REGIONS

OSHA is committed to working with you to reduce injury and fatality in the excavation shoring industry. Recently, the agency adjusted its regional structure and boundaries to reflect changes in demographics and industry. Regions are also now named by geography rather than numbers.



Find all the information you need on local, state, or regional OSHA resources and staff, using an interactive map at [OSHA Offices by State](#).



In the 50 states and certain areas under federal authority**, most private sector employers and their workers, as well as some state and local government employers and their workers, are covered by the Occupational Safety and Health (OSH) Act.

Workplace safety and health programs operated by individual states or U.S. territories are called "State Plans" and are OSHA-approved.

- Currently, 22 State Plans (21 states and Puerto Rico) cover both private sector and state and local government workers. Seven State Plans (Connecticut, Illinois, Maine, Massachusetts, New Jersey, New York, and the Virgin Islands) cover only state and local government workers.
- According to the agency, "State Plans are monitored by OSHA and must be at least as effective as OSHA in protecting workers and in preventing work-related injuries, illnesses and deaths."

**Areas under federal authority include The District of Columbia, Puerto Rico, the Virgin Islands, American Samoa, Guam, Northern Mariana Islands, Wake Island, Johnston Island, and the Outer Continental Shelf Lands as defined in the Outer Continental Shelf Lands Act.

Ask OSHA...

"Does OSHA offer free help for my business to comply with regulations?"

"OSHA's [On-Site Consultation Program](#) offers free and confidential safety and occupational health advice to small and medium-sized businesses in all states across the U.S., with priority given to high-hazard worksites. The Consultation Program is completely separate from the OSHA inspection effort, and employers can find out about potential hazards at their workplace, improve programs that are already in place, and even qualify for a one-year exemption from routine OSHA inspections. No citations or penalties are issued and the employer's only obligation is to correct serious job safety and health hazards."

"In addition, OSHA's [Compliance Assistance Specialists](#) provide advice, education, and assistance to businesses (particularly small employers), trade associations, local labor affiliates, and other stakeholders who request help with occupational safety and health issues. We work with professional organizations, unions, and community groups concerning issues of safety and health in the workplace."



[On-Site Consultation Program](#)

"I have a question about how OSHA rules apply to a specific situation at my business. How can I get answers?"

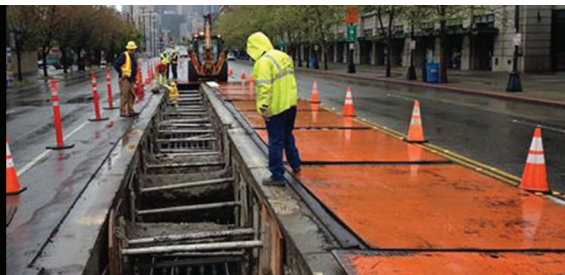
"If you have questions about OSHA regulations relating to your specific situation, call your [local OSHA office](#) directly or submit a question by [email](#). You can also view OSHA's [letters of interpretation](#), which are formal explanations of OSHA's requirements and how they apply to particular circumstances."

Other questions?



[OSHA FAQs](#)

Disclaimer: This document does not provide or address all information, laws, standards, regulations, codes, requirements and safety procedures applicable to excavations, trench protection and shoring options. Readers should comply with all such measures.



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