



ADVOCACY AT THE FEDERAL LEVEL

Write to Congress

- The most effective method of communicating with Congress is through email via a web form available on your legislator's webpage.
- Although the formal business letter seems more appropriate for this purpose, at present all incoming Congressional mail to U.S. Capital is screened for explosive devices and biological or chemical hazards which will delay a letter's arrival by weeks.
- Providing your home address on your Congressperson's web form confirms you are a constituent and helps reduce distracting communication from non-constituents.
- The web form also facilitates analysis of incoming messages and more prompt response to your request by office staff.
- You may choose to send a business letter to the district office of your U.S. Senators and Representative. (See Sample Letter)

Find Your Representative <http://www.house.gov/representatives/find/#properform>:

You can find your Congressman or Congresswoman through this site by entering your zip code. Simply provide the information requested and space on the web form will be provided for your message.

Find Your Senator <http://www.senate.gov/>: You can identify your two U.S. Senators through this link. Click on the Senators tab at the top of the page to open a list of all 100 Senators. You may search for your Senator by state and then go to their website for contact information and to send an e-mail.

Legislative information on the Internet

- **Thomas** <http://beta.congress.gov/> Thomas, the Library of Congress' federal legislative information site, includes lists of all members of Congress, Committees, Legislation, Public Laws, etc. You can track the progress of a bill on this site to see whether it has been assigned to committee and if placed on the calendar for a hearing. There are videos that explain how a bill becomes law as well as for committee hearings.
- Congressional Record <http://beta.congress.gov/congressional-record/> provides a link to the latest federal legislative activity

- **USA.gov** <http://www.usa.gov/Contact/Elected.shtml> this U.S. Government site provides quick links to contact information (email, phone, mailing address) for Federal and State legislators
- Open Congress: <http://www.opencongress.org/> tracks status of current legislation

Federal Agencies

Here are links to Federal agencies that promulgate regulations and standards which affect occupational &/or environmental health and safety. You can often find valuable information about selected topics of concern on their websites. Public information on governmental websites is more reliable than that found on some consumer operated sites, especially Wikipedia.

- Agency for Healthcare Research and Quality (AHRQ)
<http://www.ahrq.gov/health-care-information/index.html>
- Agency for Toxic Substances and Disease Registry (ATSDR)
<http://www.atsdr.cdc.gov/>
- Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/>
- CDC Workplace Safety & Health
<http://www.cdc.gov/workplace/>
- Department of Defense (DOD)
<http://www.defense.gov/>
- Department of Energy (DOE)
<http://energy.gov/management/office-management>
- Department of Health and Human Services
<http://www.hhs.gov/>
- Department of Labor
<http://www.dol.gov/>
- Department of Transportation
<http://www.dot.gov/>
- Department of Veterans' Affairs

<http://www.va.gov/>

- Environmental Protection Agency
<http://www.epa.gov/>
- EPA Office of Prevention, Pesticides and Toxic Substances
<http://www2.epa.gov/aboutepa/about-office-chemical-safety-and-pollution-prevention-ocspp>
- EPA Office of Research and Development
<http://www2.epa.gov/aboutepa/about-office-research-and-development-ord>
- Equal Employment Opportunity Commission (EEOC)
<http://www.eeoc.gov/>
- Federal Highway Administration
<http://www.fhwa.dot.gov/>
- Federal Motor Carrier Safety Administration
<http://www.fmcsa.dot.gov/>
- Food and Drug Administration
<http://www.fda.gov/>
- Mine Safety & Health Administration (MSHA)
<http://www.msha.gov/>
- National Center for Environmental Health
<http://www.cdc.gov/nceh/>
- National Institute for Environmental Health Sciences
<http://www.niehs.nih.gov/health/index.cfm>
- National Toxicology Program
<http://ntp-server.niehs.nih.gov/?objectid=720160DB-BDB7-CEBA-F7CC2DE0A230C920>
- National Transportation Safety Board
<http://www.nts.gov/>
- National Institute of Health (NIH)
<http://health.nih.gov/>
- National Institute Occupational Safety & Health (NIOSH)
<http://www.cdc.gov/niosh/>

- Office of Environment, Health, Safety & Security
<http://energy.gov/ehss/environment-health-safety-security>
- Occupational Safety & Health Administration (OSHA)
<https://www.osha.gov/>
- OSHA Standards – links to all standards
https://www.osha.gov/pls/oshaweb/owasrch.search_form?p_doc_type=STANDARDS&p_toc_level=0&p_keyvalue=
- SIS Environmental Health and Toxicology
<http://sis.nlm.nih.gov/>

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