



# Office of Congressional Workplace Rights

## e-Newsletter Third Quarter 2025



Information on workplace rights, safety and health, and accessibility in the legislative branch



### OSH Fast Fact Heat Stress

Learn about the different work-related heat illnesses that can result from working indoors *and* outdoors in hot conditions in [the OCWR's new Fast Fact](#). A heat stress environment combined with physical exertion can increase the body's core temperature. This Fast Fact outlines

- the symptoms of heat-stress illnesses,
- the preventive measures and first aid recommendations, and
- the work practices to implement to prevent heat from building in the body and to allow the body to cool down.

For more information about occupational safety and health (OSH) in the legislative branch, please e-mail the OCWR at [OSH@ocwr.gov](mailto:OSH@ocwr.gov), visit our [website](#), or call the OCWR office at (202)724-9250.

[Read the Fast Fact](#)



### OCWR Safety Recognition Awards

The OCWR, along with the National Safety Council (NSC), presented the Safety Recognition Awards for the 118<sup>th</sup> Congress on Wednesday, June 4, 2025. The awards, which promote safety and accessibility awareness in the legislative branch, were presented to Members of Congress and legislative branch shops whose workplaces met certain safety criteria during the 118<sup>th</sup> biennial congressional inspections.



## OCWR Training Opportunities

### The Congressional Accountability Act

[Register for July 28](#)

[Register for August 29](#)

[Register for September 16](#)

### Webinar | July 28, 2025, August 29, 2025, and September 16, 2025

This webinar explains the role of the OCWR in administering and enforcing the Congressional Accountability Act, outlines the rights and responsibilities of covered legislative branch employees under the CAA (including the protections against harassment, discrimination, and reprisal), and sets forth the OCWR's administrative dispute resolution procedures and the necessary deadlines for covered employees to file a claim with the OCWR.

### Resilience

[Register](#)

### Webinar | August 13, 2025

This training module explores the concept of workplace resilience, examines possible barriers to resilience, and proposes strategies to enhance the resilience of legislative branch employees.

### Recognizing and Preventing Discrimination and Harassment

[Register](#)

### Webinar | September 4, 2025

This training module examines the different types of harassment and discrimination and the legal prohibitions on such conduct in the workplace. It also outlines the rights and responsibilities of legislative branch staff and offices covered under the CAA and the OCWR administrative dispute resolution process.

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OFFICE OF CONGRESSIONAL WORKPLACE RIGHTS  
110 SECOND STREET SE, JOHN ADAMS BUILDING, ROOM LA-200,  
WASHINGTON, DC 20540-1999  
(202) 724-9250 | [OCWR.GOV](https://www.ocwr.gov)