



Office of Congressional Workplace Rights

e-Newsletter Third Quarter 2026



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



[Read the Fast Fact on Heat Stress](#)

Summertime Heat Stress Illnesses

During the summer, heat-related illnesses can prove hazardous for those working indoors and outdoors. The Congressional Accountability Act (CAA) requires legislative branch employing offices to provide their employees with workplaces that are free from recognized hazards that are causing or are likely to cause death or serious physical harm to employees.

The [OCWR's Fast Fact](#) on heat stress can help employees and employers identify:

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

Additional Fast Facts on the [OCWR website](#) provide guidance and information about occupational safety and health (OSH) matters affecting legislative branch employees.

For more information concerning OSH in the legislative branch, email the OCWR at OSH@ocwr.gov, or call the OCWR office at (202) 724-9250.



[Read the Fast Fact on Power Strips](#)

OSH Fast Fact Power Strips

Extension cords or surge protectors are often interconnected, or “daisy chained,” to readily provide more outlets and/or to reach greater distances. However, interconnecting these devices can cause them to become overloaded, which can lead to power failure and possible fire. Discover solutions for supplying power to areas where there are not adequate outlets available by reading our latest occupational safety and health (OSH) [Fast Fact](#).

OCWR Training Opportunities

[Register for July 30](#)

[Register for August 12](#)

[Register for September 18](#)

The Congressional Accountability Act

Webinar | July 30, 2026, August 12, 2026, and September 18, 2026

This training module identifies the workplace protections extended by the CAA to employees of the legislative branch. It also explains the OCWR's role in administering the CAA. Additionally, this module explains the OCWR's administrative dispute resolution procedures and the deadlines for covered employees to file a claim alleging a violation of their rights. Attendees will apply their knowledge of the CAA's protections and procedures through instructor-guided scenarios and questions.

Recognizing and Preventing Discrimination and Harassment

Webinar | August 27, 2026

This training module focuses on the CAA's protections against discrimination, harassment, and retaliation in the congressional workplace. The module also discusses prevention strategies and resources available to covered employees who believe they may have been the subject of unlawful discrimination. An optional 30-minute supervisor supplement will follow.

[Register](#)

Age Discrimination

Webinar | September 28, 2026

This training module introduces the Age Discrimination in Employment Act and discusses its history and application to the legislative branch. Additionally, this module explores types of workplace conduct that may constitute age-based harassment, a type of age discrimination. The module concludes with an explanation of the services and remedies available to covered employees who believe they were the subject of age discrimination.

[Register](#)

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