



Schweizerische Eidgenossenschaft  
Confédération suisse  
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Eidgenössisches Justiz- und Polizeidepartement EJPD

**Staatssekretariat für Migration SEM**

Direktionsbereich Zuwanderung und Integration  
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## Welcome to Switzerland: Know Your Workplace Rights

If you experience issues with working conditions, workplace exploitation, or need information on labor protection, the following resources can help you navigate your rights and find support.

## 1. Understanding Your Rights as a Worker

- **Work Permits & Employment Rules**  
Learn about work requirements for foreign workers in Switzerland, including contract guidelines, permits, and worker rights.  
CH.ch - [Working in Switzerland](#)
- **Employment Contracts**  
Information on employment contracts, terms, and what to expect from your employer.  
CH.ch - [Employment Contract Information](#)

## 2. Who to Contact for Help

- **Cantonal Authorities**  
For local support and advice, each canton has designated authorities that can provide guidance on labor issues and protection services.  
[Contact Your Canton](#)
- **Federal Office**  
SECO offers resources to help prevent workplace exploitation and address concerns about working conditions.  
SECO - [Trafficking and Exploitation in the Workplace](#)

## 3. Know Your Protections

- **Workplace Safety and Conditions**  
Switzerland has strict labor laws to protect workers' rights. Ensure your workplace abides by these standards, including fair treatment and safe working conditions.  
[Explore more about Swiss labor laws.](#)
- You may find yourself dealing with problems, disputes or unpleasant situations in the workplace, such as bullying, sexual harassment or discrimination. Specialists are available to help you with these situations.  
[Problems at work?](#)