

# WORKPLACE HEALTH AND SAFETY TIPS FOR YOUNG WORKERS

If you are, have or know a young worker, share this important information.

## SIGNS THAT A WORKPLACE MAY BE UNSAFE...

- Other employees are getting injured on the job.
- You work without direct supervision.
- You have not been trained properly.
- Equipment is unguarded or broken.
- Chemical containers aren't labelled.
- Shortcuts are used to save time.
- Poor housekeeping and maintenance, e.g. floors are slippery and electrical cords are frayed.



## HOW TO PROTECT YOURSELF...

- **Learn** to do the job safely. Insist on orientation and training.
- **Wear the gear** - find out what to wear to protect yourself, how to wear it and how to maintain it.
- **Think the job through.** Know what to do when there's an injury or emergency situation. If you don't know, find out from your supervisor.
- **Get help**, especially if you have to lift something heavy.
- **Inform** your supervisor if you see anything unsafe that may hurt you or someone else.
- **Report injuries (no matter how minor).** If you get hurt, it's your job to tell your supervisor.
- **Talk** to your family about your job. They are your best support. They want you to come home healthy and safe at the end of your shift.
- **Ask, Ask, Ask** - there are no stupid questions.

## WORKERS HAVE THREE BASIC RIGHTS UNDER THE OCCUPATIONAL HEALTH AND SAFETY ACT:

- the Right to Know
- the Right to Participate
- the Right to Refuse Unsafe Work.

ASK ABOUT THE PARENTS' GUIDE

FOR MORE INFORMATION ON STAYING SAFE AT WORK VISIT

**PREVENT-IT.CA**

OR CALL 1-866-SAFE-JOB (723-3562)