

-TREME SAFETY

A SURVIVAL GUIDE FOR
NEW AND YOUNG WORKERS

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For copyright information, contact:

Alberta Human Services

Career and Workplace Resources

Telephone (780) 422-1794 Fax (780) 422-5319

Email: info@alis.gov.ab.ca

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Vaughn Webb
Julia Hamilton

X-TREME RISK

Snowboarders hurtle over mountain slopes. BASE jumpers soar like eagles from cliffs, waiting until the last heart-stopping second to pull their rip cords. And every day, thousands of young people go to work assuming they are safe, assuming they are bulletproof – now that's risky.

Just like the mountain and the cliff, your worksite can be dangerous if you're not prepared. No matter what you do, or what job you have, hazards exist. Whether you're a store clerk, landscape gardener, truck driver, painter, hairstylist, waitress or cook, there is always an element of risk.

And, if you're under 25 years of age, you are 1/3 more likely to be injured on the job than those over 25.

Find out the hazards at your workplace and learn how to stay healthy and safe.

In this booklet, you'll learn about the rules of the game and the equipment you need to stay safe. You'll get tips on talking to your co-workers and your boss about creating a safe, healthy and fair workplace. We'll help you develop strategies so you can win – so you can stay healthy and safe at work!

X-TREME SAFETY

Earning your own paycheque is an exciting step towards independence. Work is an adventure of doing new things, making your own decisions and taking responsibility.

You're like a rock climber surveying the rock face before the climb. You'll get the rush of succeeding at the challenges that lie ahead. But, before you take that first handhold, whether you are scaling a mountain or entering a new job, you'll need to:

- know the rules
- assess the risks and have a plan to deal with them
- have proper training
- use personal protective equipment (PPE) and protective clothing
- communicate with your team, co-workers, and leaders



IT'LL NEVER HAPPEN TO ME

Here's reality. Lots of people your age have been hurt while at work. They didn't plan it. They didn't expect it. You, too, could lose a finger, a leg or spend months or years in the hospital. You may never be able to play your favourite sport again. Or go dancing. Or drive a car...

Still don't think it could happen to you? It can.

These were kids who had jobs, kids who were killed—at work. But that's not all. Young workers like you account for 9,000 disabling injury claims every year—injuries like sprains, back injuries, burns and fractures. In fact, 50 per cent of young workers lose up to five days of work every year from injuries just like these. With those odds, who wants to take chances?

Reality check

Who's important in your life? Who do you care about? How would you feel if they didn't come home from work one day? Or if they could no longer walk?

REAL LIFE, REAL PEOPLE



Timothy Hamilton, a 19-year-old high school graduate, working to make money for college, was killed at work less than two months after he was hired. Tim was asked to raise a 28-foot (8.53 m) aluminium centre pole from inside a large canvas tent. Above the tent, where Tim couldn't see, was a 14,400-volt power line only 27 feet (8.23m) off the ground. Tim

was electrocuted and died instantly. Even though the law requires employers to keep workers 10 feet (3.05m) away from such live power lines, Tim was asked to do something dangerous. The company was fined \$100,000 for failing to protect its workers. But that didn't give Tim his life back.

Learn more at www.missingtim.com

6.

**A HAZARD IS ANY SITUATION THAT COULD
RESULT IN INJURY, DISEASE OR DEATH.**



Vaughn Webb, in his younger years enjoyed playing sports, hiking, outdoor activities and even won a trophy for Tae-Kwon-Do. He met his lovely wife Melissa in his early 20's, and together they started to raise their family. Then he was badly shocked while working around a high voltage power line, losing an arm and a leg, and sustaining third degree burns to 70% of his body. His life changed forever. Hindsight is always

20/20, and Vaughn now realizes he should have refused to perform this task. Vaughn was very fortunate to have survived. After the incident, he fought hard to live. The pain that Vaughn's wife, family and friends suffered was very intense as they watched someone that they loved fight for his life. Vaughn cannot go back and change the events that happened on that day. But he has maintained a positive attitude towards sharing his story in hopes of preventing another incident like this one. Vaughn has accepted, as best he can, his present condition and he is using the incident in a very positive way to share information and to be productive in life.

You can e-mail Vaughn at vwebb@speaksafe.ca

RISKY BUSINESS

Find out if you are at risk at your job.
These are only some of the more common risk factors.

Check all that apply to you:

- ☐ I've had my job for less than six months
- ☐ I'm a guy (*don't be offended, you're seriously more at risk!*)
- ☐ I'm under 25 years of age
- ☐ I sometimes go partying the night before an early shift
- ☐ I sometimes get very few hours of sleep before starting work
- ☐ I'm always under pressure to work quickly
- ☐ I tend to think an injury won't ever happen to me
- ☐ I've never had health and safety training for my specific job
- ☐ I try to impress my boss or co-workers and don't like asking questions
- ☐ I use the same tool all day long
- ☐ I have to lift, push, or pull heavy things
- ☐ I use chemicals or work around toxic substances or gases
- ☐ I sometimes use a ladder or climb onto something else to reach things
- ☐ I work alone
- ☐ I work in a crowded area
- ☐ It's very noisy where I work
- ☐ I work in extremely hot or cold conditions
- ☐ I drive or operate moving equipment or machinery
- ☐ I work around electrical equipment or power lines
- ☐ I work around an oven, deep fryer, or other hot substances or substances

If you checked even one, a workplace injury could do more than ruin your weekend. The great thing is that you can change it – you can learn x-treme safety at work.

BEAT THE ODDS

8.

So you know you're at risk – the numbers prove it. What can you do about it? Lots. Learn how to spot a hazard, learn how to deal with each hazard, learn your rights, and learn how to speak up for yourself.

WHAT'S SAFE? WHAT ISN'T?

A perfectly safe and healthy workplace would have no hazards. There would be no machines, equipment or materials that could harm you – nothing would malfunction, not even humans! Unfortunately, many workplace hazards are so familiar that we ignore them and put ourselves, and sometimes others, at risk.

Reality check

A 17-year-old groundskeeper didn't know that the gloves he was wearing had been in contact with gasoline. When he struck a lighter, the gloves caught fire and he received third degree burns to his arm and back.

HOW DO YOU FIND A HAZARD?

Ask yourself **What if?** questions. **What if** I bump into the open containers of hot oil? **What if** the forklift tips over on my co-worker in a fast turn? **What if** I inhale the toxic fumes from the toilet cleaning chemicals?

Learning to spot a hazard – before an incident happens – is the first step to staying safe. Every job will have slightly different hazards. The medical field, for example, will have different hazards than the construction industry.

Got a new job?

Over 50 per cent of all incidents involving young workers occur during their first six months on the job. Make sure you get health and safety training – it's your right!

Wherever you work, there are 4 main types of hazards:

PHYSICAL HAZARDS

Equipment, machinery or tools, very hot or cold temperatures

Examples:

- Using the same tool all day long
- Being crushed by equipment
- Using electric equipment with frayed cords
- Tripping on items lying on the floor
- Falling from heights
- Working in a noisy place

BIOLOGICAL HAZARDS

Bacteria, viruses, insects, fungi, mold or plant materials

Examples:

- Bee stings
- Allergic reaction to plants, insects or mold
- Being in contact with materials where viruses or bacteria are present



CHEMICAL HAZARDS

Vapours, gases, dusts, fumes, or chemical mists

Examples:

- Using cleaning products regularly
- Using paint materials regularly
- Working around lots of dust
- Exposure to asbestos
- Using toxic chemicals

PSYCHOSOCIAL HAZARDS

Workplace violence, working conditions, stress, fatigue

Examples:

- Intimidation, verbal abuse
- Working long hours
- Rotating shift work

WHAT'S YOUR HAZARD I.Q.?

Identify the types of hazards below. The ability to recognize a hazard will help you stay safe – at work or anywhere.

1. A new worker has received verbal threats from the Journeyman. The new worker is now scared to come to work.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

2. A security guard has just completed her day shift. Her team leader called and asked her to be back at work for the graveyard shift.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

3. A skateboarder plans to jump and slide down a rail. The front wheels of the board are loose and missing a screw but it's a great trick.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

4. A college student has a part-time job cleaning a building. He is always using industrial strength cleaners and once a month has to use a special cleaner that is quite toxic.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

5. A worker is hired to clean the stadium and empty the garbage bins after sports events and concerts. She doesn't wear gloves as she finds them uncomfortable. What type of hazard is this?

☐ physical ☐ biological ☐ chemical ☐ psychosocial

6. A junior high school student gets a job at the local pizza joint. His job involves cutting pizzas as they come out of the oven. In one day, he cuts more than 50 pizzas.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

7. A high school student and his buddy go mountain biking in Banff. Even though he's unfamiliar with the steep terrain and sharp corners, he speeds down the path.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

8. A hospital worker often forgets to wash her hands and sometimes doesn't bother wearing gloves.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

9. Workers in an office complained of headaches, eye irritation and being tired. It was discovered that delivery vehicles were parked and left idling below the air intake system, which provided air to the building.

☐ physical ☐ biological ☐ chemical ☐ psychosocial

Answers:

1. Psychosocial 2. Psychosocial 3. Physical
4. Chemical 5. Biological or Chemical 6. Physical
7. Physical 8. Biological or Chemical 9. Chemical

HOW DID YOU DO?

8-9 correct answers - Awesome
6-7 correct answers - Gearing up
4-5 correct answers - Cliff hanger
0-3 correct answers - Crash and burn. Try again.



Work alone?

Will someone hear you if you're in trouble? Working alone means working where help is not readily available in the event of an injury, illness or emergency. It's another kind of hazard. To find out more and to obtain a free copy of the handbook *Working Alone Safely*, call the Occupational Health and Safety Contact Centre at 1-866-415-8690 or visit worksafe.alberta.ca

IF YOU ARE HURT AT WORK

Even if your employer has a good injury prevention program, you or one of your co-workers could be hurt on the job. Here's what to do.

- 1 Tell your employer
- 2 Get medical treatment, if required
- 3 Fill out a Workers' Compensation Board (WCB) *Worker's Report of Injury or Occupational Disease*

Think your injury is no big deal? Follow these steps anyway. The information will help your doctor to best treat your injury. It will also help your employer find ways to improve workplace health and safety practices – to prevent a similar or worse injury from happening again.

14.

“Don't let a work ethic kill you.”
– Julia Hamilton (19-year-old son was killed at work)

HEY! YOU'VE GOT RIGHTS AND RESPONSIBILITIES

Did you know that it's against the law for anyone to force you to do work that you think is unsafe? Did you also know that it's against the law for an employer to operate an unsafe business? You have a right to work in a safe and healthy environment. Know your rights.

- Right to Know ...about workplace hazards **BEFORE** you start work
- Right to Refuse ...unsafe work

UNSAFE WORK - WHAT IS IT?

Any task where you believe there is danger to your health or safety or that of another worker. The law defines imminent danger as danger that is not - or shouldn't be - a normal part of the job. (For example: entering an unprotected trench).

It's a situation where the risks to your safety outweigh your ability to protect yourself. If you feel you are in imminent danger, remove yourself from the situation and talk with your supervisor.

YOU GOTTA DO IT

You have a part to play too – just like it's up to a cyclist to wear a helmet or a skydiver to pull their own ripcord. By law, workers must take reasonable care to protect their own health and safety – and that of other workers on the job site. As a worker, you've got to:

- follow the health and safety procedures for your job
- ask for training if you don't know how to do something safely
- work safely and encourage your co-workers to do the same
- use all required personal protective equipment and clothing
- immediately report any unsafe conditions to your supervisor
- inform your supervisor if you have a physical, mental or emotional issue that could affect your ability to work safely

Drive a car? Ever taken a defensive driving course? Even though you may have the right-of-way, that doesn't mean other drivers follow the rules. You have to watch out for yourself. Job safety is no different. Learn to spot danger ahead of time – avoid the crash.

EMPLOYER RESPONSIBILITIES

Your boss has a duty to watch out for your health and safety – as far as is reasonable to do so. Bottom line, the law says your boss must:

- make sure you have the necessary training, qualifications and experience for the job
- let you know about all health and safety hazards at your job
- provide certain types of personal protective equipment (PPE)
- make sure you know how to use your PPE
- train you to handle dangerous products
- investigate any incidents that caused injuries
- investigate any “near misses”
- follow the Employment Standards Code

RULES OF THE GAME

Ever wonder how many hours you have to work before you get a break? What about getting paid for overtime? What's the minimum wage? Are you old enough to work the graveyard shift? How much notice should you give? Are you entitled to maternity leave? In Alberta, the Employment Standards Code provides the answers to these questions and more. To find out more about the rules of the game, call 1-877-427-3731 or go to humanservices.alberta.ca/es

ARE YOU UNDER 18?

There are specific rules that apply to you. If you are between the ages of 12 and 14 years you are considered an “adolescent” and need a permit to work at any job other than clerking in an office or retail store, delivering flyers or certain jobs in the restaurant industry. A permit will only be granted if the employer has the written consent of your parent or guardian, has completed a safety checklist and can satisfy Employment Standards that the employment is not likely to be harmful to your life, health, education or welfare. Adolescents can't be employed for more than two hours on a school day, eight hours on a non-school day and at all between 9 p.m. and 6 a.m.

If you are a “young person” between the ages of 15 and 17 years, you don't need a permit to work. However, restaurants, bars, all retail stores, gas stations, hotels and motels have special restrictions when employing young persons. In these businesses, young persons may not be employed without the continuous presence of someone 18 or older after 9 p.m. and cannot be employed at all between midnight and 6 a.m. For a young person to work after midnight in other occupations requires the consent of their parent or guardian and the continuous presence of someone 18 years of age or older.

If you're in a high school Work Experience Program, your hours of work may be different. Check with your Work Experience Co-ordinator.

Reality check

Your employer asks you to remain working after midnight and you're 15 years old. What would you do?

REAL LIFE, REAL PEOPLE

NICOLE'S STORY*

I work part time at a small fast-food restaurant in my town. Our specialities are burgers and fries but we have a lot of other stuff too. It's a really busy place and we are always running to keep up with the customers. We all share in the work when it comes to getting the fries cooking. Two years ago, when I was dumping some fries in the hot oil to cook, there was a big splash. The hot oil covered my left arm and splashed my body in a few other places. The pain was unbelievable. I received third-degree burns to my arm. It took 14 months of skin grafts to get my arm to heal and there's a major scar that will never go away. I never dreamed that anything like this would ever happen to me.

* used with the permission of Workplace Safety and Insurance Board, Ontario

Reality check

A department store hired a 16-year-old to work alone after school as a cleaner. One of his tasks was to cram discarded cardboard into a compactor-baler. His body was found trapped in the baler.

CINDY'S STORY*

My older brother Scott was working for an electrical contractor. They were rewiring some machine on an assembly line in a factory. It was supposedly a small job. They were only supposed to be there for the morning. Scott started undoing the screws where the wires attach and he got electrocuted. He died almost immediately they said. We found out later that the electrical connections hadn't been "locked out" but Scott didn't know it. If the machine had been locked out, there wouldn't have been any power in the wires. Scott used to talk about his job all the time. But he never, ever said anything about health or safety training. The investigation showed that Scott never had any kind of health or safety training for his job - even though it was his right. I wish Scott had known about his rights. He would probably still be alive. I miss Scott so much. It's so different without him around. I still can't believe he's gone.

* used with the permission of Workplace Safety and Insurance Board, Ontario

Reality check

You work in a restaurant and your boss isn't around much. The head cook is in charge and thinks it's fun to throw knives to other workers in the kitchen. You know this is dangerous and puts everyone at risk. You know you have a right to a safe workplace. What should you do?

ROB'S STORY*

I know all about getting injured at work. It happened to me. I got a job last summer working with a homebuilder. We were putting the floor on a new house. I backed up a couple of steps and BOOM! The next thing I know I'm laying in the basement of this place and my leg is broken. The pain was so intense. I was screaming. They took me to the hospital and put a plate and pins in my leg, just below my knee. The doctor says if I'm lucky, I'll get the full movement back. But it's already been a year. It is getting better but it's really slow. Nobody ever told me that openings in the floor should be barricaded to keep us from slipping through them. If only they had told me.

* used with the permission of Workplace Safety and Insurance Board, Ontario

Job shadowing/work experience

No big deal right? Wrong! Even if it's only for a few hours or a few days doing work experience or job shadowing, ask your supervisor to explain the risks of the job site and how to protect yourself. Injuries have happened to students too.

TALKING TO THE BOSS

One of the most important parts of your job is your ability to communicate with your employer – effectively. Learn how to do it right so your boss understands how important workplace health and safety is to you. Learn how to speak up for yourself and for your rights.



10 QUESTIONS TO ASK YOUR EMPLOYER

Getting ready for a job interview or starting a new job? Ask these questions. Find out how serious your boss will be about your health and safety.

- 1 What are the hazards of my job?
- 2 Are there any other hazards that I should know about?
- 3 Will I receive job training?
- 4 Do you have health and safety meetings?
- 5 Is there protective equipment I'll be expected to wear?
Will I receive training in how to use it? When?
- 6 Will I be trained in emergency procedures (fire, chemical spill)?
When?
- 7 Where are fire extinguishers, first aid kits and other emergency
equipment located?
- 8 What do I do if I get hurt? Who is the first aid person?
- 9 What are my health and safety responsibilities?
- 10 Who do I ask if I have a health or safety question?

HOW DID YOUR EMPLOYER DO?

You can check your employer's answers with the facts below.

- 1 By law, your employer must tell you about any hazards at the workplace.
- 2 Not all hazards affect you right away. High noise levels, over time, lead to hearing loss. Working with radiation, dusts and chemicals can increase your risk of diseases like cancer. Your employer must tell you about these "hidden" hazards.
- 3 Your employer must make sure you have the skills to safely do your work. If you're still learning, you must be under the direct supervision of someone who has these skills. Learn all the skills you need before you do a new job on your own or alone.
- 4 Health and safety meetings are not mandatory in Alberta but if your employer holds them, it's a sign of their commitment to your health and safety.
- 5 Lungs and ears...The law requires employers to provide protective equipment where there is a breathing hazard or where legal noise limits are exceeded. However, your employer isn't required to provide hard hats, safety boots, flame resistant clothing or eye protection. If PPE is necessary, your employer must make sure you use it.
- 6 You must be trained in emergency procedures – in case of fire, chemical spills, etc. If you're working with chemicals, special training is required before you start work.

- 7 Your employer must control the hazards at your workplace by providing fire extinguishers and other special equipment. You must be told where this stuff is and how to use it.
- 8 If you're injured, get first aid and report your injury to your employer as quickly as possible. The law says your employer must provide on-site first aid equipment. Most employers are required to have people present with first aid training.
- 9 You are expected to do your best to protect your own and your co-workers' health and safety. This means if you're asked to do something that may put you or your co-workers in danger, the law says you must refuse to do that task.
- 10 If you have a health or safety question, the first person you should ask is your employer, usually your supervisor, as they know your workplace the best. You can also phone the Occupational Health and Safety Contact Centre. It's a free, confidential call, 1-866-415-8690. Or go to worksafe.alberta.ca

Tough guy?

If you're a guy age 15-24, you are more likely to be injured on the job than any other worker.

THE HEALTH AND SAFETY PARTNERSHIP

Your health and safety is a partnership between you and the employer. When the partnership is working well, it might look like this.

EMPLOYER	YOU
Tells you there is a hazard	Listen up! Pay attention.
Provides training	Take the training
Holds health and safety meetings	Attend the meetings
Provides protective equipment	Wear it properly (according to the instructions)
Provides fire extinguishers	Know where they are and how to use them
Provides trained first aid staff and kits	Know who and where they are

Sometimes you may have to take the lead for the partnership to work effectively. Then it may look like this.

EMPLOYER	YOU
Ignores health and safety	Talk to the employer about the benefits of workplace health and safety. Be Involved in making changes
Asks you to do something dangerous	Don't do it. Talk it out. Take a stand. Share this booklet with them

To start things off on the right foot, ask your employer to give you a health and safety orientation to your worksite. You might even want to suggest using the “Worker Orientation Health and Safety Checklist” found on page 34.

HOW TO SAY NO AT WORK

Say “No”? Yeah right. I finally landed this job and I want it to work out. How can I tell my supervisor I won’t do something if it’s dangerous?

Although it may be awkward to talk about, most employers want to keep their workers healthy and safe and appreciate hearing suggestions – it makes their job easier. A safe and healthy workplace also means lower insurance premiums for your employer. Pointing out safety concerns and the benefits of a safe, healthy workplace can be a great way to gain the respect of your boss. It’s also your responsibility as a worker.

The law protects you

Each Canadian province has a law to help keep work sites safe and healthy. It’s called the *Occupational Health and Safety (OHS) Act* in Alberta. These laws are a little different in each province. In Alberta, call the Occupational Health and Safety Contact Centre at 1-866-415-8690 or visit the website at worksafe.alberta.ca

You don’t have to tell them your name.



SURVIVAL TIPS

You may want to first ask the advice of a trusted co-worker. Then, try to work things out with your direct supervisor. Only speak with their boss if your supervisor doesn't deal with your concerns. Don't go over any heads first.

When you approach your supervisor, make sure your attitude is respectful and positive – it'll show when you're talking. Express your desire for doing the job right, doing it safely. Here are some examples:

Politely ask your supervisor for a minute of their time. Then say...

"I really want to make sure I do this job right. What should I know about doing it safely?"

OR

"I'd like to do this job but I think it could be dangerous. [say why] What do you think?"

OR

"I need some training before I do this job. Any suggestions?"

Depending on the situation, a good supervisor may choose to:

- remove any hazards so the task is safe (if that's possible)
- train you on-the-spot
- get another worker to do the task until you've received training
- arrange for you to learn by working with another worker who has experience

THE BOSS INSISTS

If you've tried to talk to your employer and he/she still insists that you do unsafe work, here are some examples of what you can say:

"I've been taught that it's against the law for me to do a task that I believe could be dangerous. I really like my job but I can't do this task...

...until I've got training to do it safely

OR

...until the equipment is working properly

OR

...until someone holds the base of the ladder

OR

...until I've got a respirator so I don't get sick from the fumes

OR

...until we're both certain that I can do this job without getting injured."

What if my boss wants me to do something right away and I've got a gut feeling that it's not safe?

Trust your gut. If in doubt, don't do it. Then use any of the survival tips above to deal with your boss. Or you may think of a better way. Remember, do it with respect, stay calm and you'll be okay.

KEEP YOUR COOL

Every boss will react a little differently. Most employers will be grateful for your input, but others may not be. You may express your concern once and everything may turn out great. Or, you may have to talk with your boss several times before things change. Your boss might get impatient or even angry, but things may still turn out okay – or not. Unfortunately, there is no guarantee for the perfect ending.

YOU CAN'T BE FIRED!

Wait a minute. If I tell my boss I think a job is unsafe, I'll get fired. Right?

Wrong! That would be illegal. The *Occupational Health and Safety Act* states: No person shall dismiss or take any other disciplinary action against a worker because that person did what the *OHS Act* told them to do.

TOUGH CHOICES

If you've tried to work things out with your boss and it's not going great, you may decide to quit your job if your health or safety is at risk. Your life is more important than any job. It's more important than your work ethic or your resumé. And, even though the law says you can't be fired for refusing unsafe work, you could come across an employer who doesn't handle things properly and lets you go. Of course, you'd have every right to take legal action and you may wish to report the employer. To get help, call the Occupational Health and Safety Contact Centre at 1-866-415-8690 or visit the website at worksafe.alberta.ca

Get a buddy. If you're really scared to talk to your boss, don't just give up. Find someone you trust. Get a pal at work, and if possible, talk with your boss together. Or, tell your concerns to a parent, an aunt or uncle, an older friend, a teacher, your work experience co-ordinator or a youth worker that may be able to give you advice.

WHAT WOULD YOU DO?

Circle the best answer:

You're a server at a local restaurant. The cook became ill and had to go home in the middle of her shift. The joint is packed and your boss tells you to get in the kitchen and start cooking. You cook at home but you've never used a deep fryer or a meat slicer before. **What should you do?**

- a. call your mom
- b. convince the other servers to promote raw vegetarian dishes
- c. ask your boss to teach and assist you

You're working at a lumberyard. Your supervisor has asked you to use the table saw to rip some 2" x 6" boards. You've never ripped a board on a table saw before and you're not even sure exactly what it means. You heard your co-workers say that the blade was getting dull and that the boards were being ejected by the blade while they were being ripped. **What should you do?**

- a. watch home improvement shows more often
- b. let your supervisor know your concerns
- c. go for lunch

You're working at a seniors residence doing odd jobs for the summer. Your supervisor asks you to get a ladder and clean the outside windows on the second floor. The ladder is small and the only way you can reach the windows is to stand on the top rung. **What should you do?**

- a. ditch the ladder and use your rock-climbing equipment to scale the side of the building
- b. put one or two thick telephone books under the ladder to help you reach
- c. find a longer ladder, if there is one, or explain the hazard to your supervisor

YOU'RE NOT BULLETPROOF

You've seen the stats, read the stories and learned the survival skills. You know what it takes to stay healthy and safe at work. If you forget the details, remember these three things.

1 GET REAL

Want to show the world what you can do? Great! But remember impressing others isn't worth your safety. Staying healthy and safe starts with your head. Be aware of potential hazards around you. What have you got to lose? Do you really think you're bulletproof? Get real.

2 GET THE KNOW-HOW

Imagine that in one week you're going to jump out of a plane. You need to know how to jump, how to open your parachute, and how to land safely. What if your chute doesn't open? Do you know your emergency procedures? Wouldn't you want these skills before you jump? Before you jump into work, get the skills you need. Ask for training before doing something new and find out the hazards of your job. Get the know-how. And, record your recognized workplace health and safety training in your Work Safe Passport.

3 GET THE GEAR

No one would think of ice climbing without proper footwear, ropes, climbing harnesses and ice axes. The risk can be just as real at work so buckle up. Protective clothing and equipment may save more than your skin. So, get the gear and learn to use it!

I CHOSE TO LOOK THE OTHER WAY

I could have saved a life that day,
But I chose to look the other way.
It wasn't that I didn't care,
I had the time and I was there.
But I didn't want to seem the fool,
Or argue over a safety rule.
I knew he had done the job before,
If I called it wrong, he might get sore.
The chances didn't seem that bad,
I've done the same, he knew I had.
So I shook my head and walked on by,
He knew the risks as well as I.
He took the chance; I closed an eye,
And with that act, I let him die.
I could have saved a life that day,
But I chose to look the other way.
Now every time I see his wife,
I'll know I should have saved his life.
That guilt is something I must bear,
But it isn't something you need to share.
If you see a risk that others take,
That puts their health or life at stake,
The question asked or things you say,
Could help them live another day.
If you see a risk and walk away,
Then hope you never have to say,
I could have saved a life that day,
But I chose to look the other way.

-Author Don Merrell

WORKER ORIENTATION HEALTH AND SAFETY CHECKLIST

This checklist is a guideline for conducting a health and safety orientation for workers new to a company or to a department. Once completed and signed by both the supervisor and the worker, it serves as documentation that proper orientation has taken place.

Worker's Name _____ Job Title _____

Supervisor's Name _____ Company Name _____

Date Hired _____ Orientation Date _____

Place a check in each box to indicate that the topic has been covered.

- 1** Explain the company health and safety program including:
- ☐ Orientation
 - ☐ On-the-job training
 - ☐ Health and safety meetings
 - ☐ Incident investigation and reporting
 - ☐ Function of the health and safety committee (if there is one)

- 2** Personal protective equipment:
- ☐ Hard hats
 - ☐ Safety glasses
 - ☐ High visibility vests
 - ☐ Rubber gloves
 - ☐ Respiratory protective equipment
 - ☐ Other protective equipment specific to job

- 3** Lines of communication and responsibility for reporting incidents and "near misses":
- ☐ When to report an injury
 - ☐ How to report an injury
 - ☐ To whom an injury should be reported
 - ☐ Filing an incident report form
 - ☐ Reporting "near misses"

4 Review hazards related to specific job duties:
Example: If you use a forklift truck at work, what are the hazards and how do you avoid an injury or incident?

- ☐ Physical hazards (ladders, electricity, repetitive work, hot oil etc.)
- ☐ Chemical hazards (cleaning chemicals, toxic substances, dust, paint, asbestos etc.)
- ☐ Biological hazards (bacteria, viruses, fungi, mold, insects etc.)
- ☐ Psychosocial hazards (stress, fatigue, workplace violence etc.)

5 First aid supplies, equipment and training:

- ☐ Obtaining first aid treatment
- ☐ Location of first aid stations
- ☐ Location and names of staff with first aid training

6 Emergency plan:

- ☐ Exit locations and evacuation routes
- ☐ Use of fire fighting equipment (extinguishers, hose)
- ☐ Specific procedures (medical, chemical, fire etc.)

7 Vehicle safety check procedure:

- ☐ Safety and speed regulations
- ☐ Operating licence is appropriate for vehicle

8 Personal work habits:

- ☐ Consequences of horseplay and not following the health and safety rules
- ☐ Inattention
- ☐ Smoking policy
- ☐ Good housekeeping practices
- ☐ Proper lifting techniques

The signatures below are evidence that the topics contained in this checklist have been discussed to the satisfaction of the worker and the supervisor, and that both parties accept responsibility for maintaining a safe and healthy workplace.

Date

Date

Supervisor's Signature

Worker's Signature

GETTING HELP

If you've got a question or a concern about workplace health and safety, pick up the phone and call any of these organizations. Or, get what you need online.

Alberta Human Services Employment Standards Contact Centre

Phone: (780) 427-3731 or 1-877-427-3731 toll-free in Alberta
Website: humanservices.alberta.ca/es

Employment standards are minimum standards of employment for employers and employees in the workplace. You can get a free copy of the Employment Standards Guide by phoning the office or downloading it from the website.

Alberta Human Services Occupational Health and Safety Contact Centre

Phone: 1-866-415-8690 toll-free in Alberta
Website: worksafe.alberta.ca

Occupational Health and Safety (OHS) helps employers and workers ensure safe, healthy and productive workplaces in Alberta. Free publications on health and safety are available at this website or by phone request. Order your copy of Working Alone Safely – or check out other topics and activities like e-learning programs and quizzes on the web. You can also phone for confidential advice.

Canadian Centre for Occupational Health and Safety

Phone: 1-800-668-4284
Website: ccohs.ca

Get answers to questions or concerns about health and safety at work.

Workers' Compensation Board (WCB) – Alberta

Phone: 1-866-922-9221 toll-free in Alberta

Website: wcb.ab.ca

The Workers' Compensation Board – Alberta is a not-for-profit mutual insurance company funded entirely by employers. The WCB provides cost effective workplace liability and disability insurance to workers and employers.

Get smart

Learn more about workplace health and safety!
Take a course in First Aid, CPR and/or WHMIS
(Workplace Hazardous Materials Information System)
or any other health and safety training. Don't forget
to record your training in your Work Safe Passport.



OTHER RESOURCES

Alberta Career Information Hotline

Access information on career planning, work search skills, educational options, occupational descriptions, educational funding and referrals through the Alberta Career Information Hotline advisors. Call the Hotline in Edmonton at (780) 422-4266 or toll-free at 1-800-661-3753.

Alberta Learning Information Service (ALIS) website alis.alberta.ca

Opportunity starts here. ALIS is Alberta's leading on-line source for career, learning and employment information. You'll find the resources you need to make the most of your future. Stay informed and take control. If it has to do with your working life and your working rights, it's here.

WHMIS* HAZARD CLASSES



Class A – Compressed Gas



Class B – Flammable and Combustible Material



Class C – Oxidizing Material



Class D-1 – Poisonous and Infectious Material
(Material Causing Immediate and Serious Effects)



Class D-2 – Poisonous and Infectious Material
(Material Causing Other Toxic Effects)



Class D-3 – Poisonous and Infectious Material
(Biohazardous Infectious Materials)



Class E – Corrosive Material



Class F – Dangerously Reactive Material

***WHMIS – Workplace Hazardous Materials Information System**

THE LAST WORD

NOW THAT YOU'VE READ THE SURVIVAL GUIDE YOU HAVE NO EXCUSE TO BE A STATISTIC.

The top dangers for young workers in the workplace*

An analysis of claims from young workers injured on the job in Alberta reveals the most dangerous tasks.

15-19 year olds:

- 1** Working with machinery – open wounds
- 2** Lifting objects – causing sprains, strains and tears
- 3** Working on elevated levels – causing sprains, strains, tears and fractures
- 4** Falling – causing sprains, strains, tears and fractures
- 5** Working with hot substances or objects – causing burns
- 6** Working with knives – causing cuts and lacerations
- 7** Working with food slicers – causing cuts and lacerations
- 8** Using skids and pallets – causing sprains, strains, tears and surface wounds
- 9** Using jacks – causing sprains, strains, tears and surface wounds
- 10** Operating powered handtools – causing cuts and lacerations
- 11** Working with saws – causing cuts and lacerations

20-24 year olds:

- 1 Falling – causing sprains, strains, tears and fractures
- 2 Lifting objects – causing sprains, strains and tears
- 3 Operating mobile equipment or motor vehicles, including forklifts – causing sprains, strains, tears and fractures
- 4 Working with machinery – causing cuts and lacerations
- 5 Working with hot substances or objects – causing burns
- 6 Working with knives – causing cuts and lacerations
- 7 Using skids and pallets – causing sprains, strains, tears and surface wounds
- 8 Operating powered handtools – causing cuts and lacerations
- 9 Using jacks – causing sprains, strains, tears and surface wounds
- 10 Working with saws – causing cuts and lacerations
- 11 Working with food slicers – causing cuts and lacerations

* Source: WCB Alberta

WHY YOUNG WORKERS GET INJURED ON THE JOB

Here are some reasons that explain why young workers are at a greater risk for injury at work:

- Lack of training and work experience
- Lack of confidence or understanding of their rights as workers
- Lack of preparation for the workplace
- Being given more dangerous jobs
- Feeling of invincibility
- Unwillingness to ask questions
- Being distracted and having other things on their mind
- Pace of work

YOUTH WORKERS: WHAT ARE YOU LOOKING FOR?

Four-Poster Series



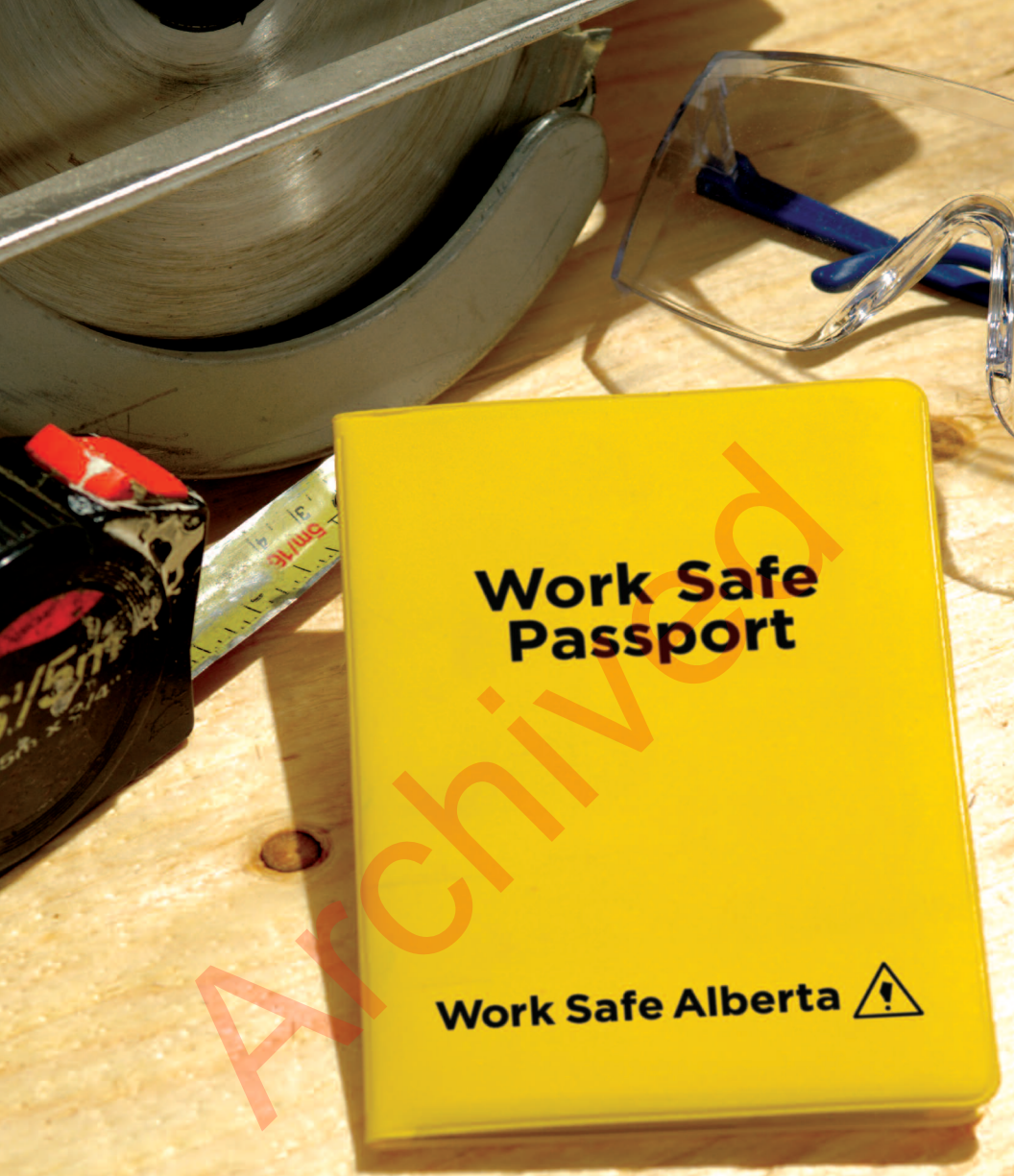
To order your free copy of one of these posters or the series, visit alis.alberta.ca/publications, or call (780) 427-5775.



bloodylucky.ca

Table Num	Date	Num of Guest	Order
			8752

Alberta  Government



Work Safe Passport

Work Safe Alberta 

The Work Safe Passport is a handy logbook that teachers, trainers and employers can use to record recognized workplace health and safety training provided to workers in Alberta.

For information about how to order Work Safe Passports call the Occupational Health and Safety Contact Centre at 1-866-415-8690. In Edmonton call (780) 415-8690.

Are you young and new to the workforce?
Are you prepared for on-the-job health and safety?
Inside you will find:

- ☐ why workplace health and safety orientation and training is important
- ☐ what your rights and responsibilities are
- ☐ what your employer's responsibilities are
- ☐ how to spot safe and unsafe working conditions
- ☐ what to say in stressful situations
- ☐ how to connect to more information and resources