


YOUNG WORKERS X-TREME SAFETY



TAKE CHARGE CARD

Know your rights, the rules and the risks. 

Before you take on the job world – take charge!

1. Know the rules and follow them.
2. Have the proper training.
3. Assess the risks and know how to deal with them.
4. Use safety equipment.
5. Communicate with your co-workers and leaders.

Spot the hazard before it happens.

Ask yourself **what if** questions. **What if** I bump into that open container of hot oil? What would happen then? You get the idea. Prevention is the first step in staying safe.

If you get hurt – even if it's no big deal:

- Tell your employer; it will help them find ways to improve workplace health and safety practices.
- Get medical treatment, if you need it.
- Fill out a WCB Report of Injury form.

You have rights.

If you think it's unsafe – stop.

If you believe you are in danger, remove yourself from the situation and talk to your supervisor.

YOUR RESPONSIBILITIES:

- Follow the health and safety procedures.
- Ask for training if you don't know how to do something.
- Work safely and encourage others to as well.
- Use safety equipment.
- Report unsafe conditions to your supervisor.
- Inform your supervisor if you have anything going on that could affect your ability to work safely.

YOUR EMPLOYER'S RESPONSIBILITIES:

- Ensuring you have the necessary training, qualifications and experience.
- Prevent violence and harassment in the workplace
- Letting you know all the health and safety hazards.
- Providing safety equipment and training.
- Training you to safely handle hazardous materials.
- Investigating incidents.
- Meeting the Occupational Health and Safety legislative requirements.

Questions to ask your employer:

- What are my health and safety rights?
- What are my health and safety responsibilities?
- What are the hazards of my job?
- Will I receive training?
- Do we have a health and safety committee or representative?
- What safety equipment do I use?
- When is the emergency training given?
- Where are the fire extinguishers, first aid kits, and emergency equipment?
- Who is certified with first aid?
- What do I do if I'm injured?
- What do I do if I have a health and safety question?

What is Occupational Health and Safety Legislation?

These are laws that your employer must follow to maintain safety in your workplace including: assessing and controlling hazards, providing safety training, using protective equipment – stuff like that.

For more information

Occupational Health and Safety
1-866-415-8690
alberta.ca/young-workers.aspx

Employment Standards
1-877-427-3731
alberta.ca/employmentstandards