

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.