

Miyo pimatisiwin Indigenous workers

Workplace health and safety mini guide



Your mini guide to a safe, fair and healthy workplace

- follow health and safety rules
- know your rights and responsibilities
- pay attention to hazards that could injure or kill you – report them to your boss
- ask questions
- report workplace injuries

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Respect workplace health and safety rules.

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Wisdom comes in the form of knowledge, which is found by sharing information, training, and advice on how to stay safe and healthy from the hazards of your job.

Show **courage** when expressing your worker rights to know, participate and refuse dangerous work. Stand up for what is right - your health and safety matters.

Be **honest** about not understanding instructions, knowing how to use equipment or how to perform a task safely.

Embrace **humility** by asking questions. Health and safety is a team effort and no question is a bad question.

Tell the **truth** about injuries and illnesses that happened at work – report them to your supervisor and get necessary medical treatment, if required.

Love one another at the workplace by protecting yourself (and future generations), your coworkers and others from harm. Be responsible for health and safety, show reciprocity, build good relationships through communication, and listen with both your head and heart.

Trouble at work affecting your health and safety?

- Your employer must investigate and take action to protect you from the danger if it exists.
- If your employer eliminates or controls the hazard, you can resume work. If the danger still exists, proceed to the steps below.

Don't give up. Be proactive to solve the problem

- Try to take action by resolving issues with your supervisor, or employer.
- If that doesn't work, talk with your family, Elders or Knowledge Keepers and trusted members of your community about the problem and ways it can be solved.
- Phone the OHS Contact Centre, free of charge to ask health and safety questions. Your call is confidential and you can remain anonymous.
- Speak up and report the dangerous work or condition to your supervisor, employer, or person in charge. If you are in immediate danger, call local emergency services or 911.

For more information

OHS Contact Centre
780-415-8690 (Edmonton)
1-866-415-8690
1-800-232-7215 (TTY)

Download free OHS resources: ohs-pubstore.labour.alberta.ca

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