Tips for Young Workers

Questions to ask your employer:

♦ What are the dangers of my job?

♦ Are there any hazards (noise, ergonomic, chemical, radiation, etc.) that I should know about?

♦ When will I receive job safety training?

♦ Is there any safety gear that I'll be expected to wear? When will I receive training in how to use it?

♦ When will I be trained in emergency procedures (fire, chemical spill?)

♦ Where are fire extinguishers, first aid kits, and other emergency equipment located?

♦ What are my health and safety responsibilities?

♦ Who do I ask if I have a safety question?

♦ Who is on the Occupational Health & Safety Committee and when do they meet?

♦ What do I do if I get hurt? Who is the first aid person?

General Tips for Young Workers

♦ KEEP an eye out at your interview for signs that the employer takes safety seriously (e.g., warning signs in hazardous areas, employees wearing protective equipment, safety posters).

♦ ASK for a copy of the safety rules, if you aren't given one.

♦ ASK experienced employees, during training, about safety hazards.

♦ WRITE down the product name from the label along with the name of the manufacturer or supplier, then look up the MSDS to find out more information about a chemical.

♦ LEARN how to recognize the WHMIS hazards symbols and know what they mean.

♦ KNOW how to wear your personal protective equipment properly.

♦ FOLLOW all safety precautions.

♦ NOTIFY your supervisor if you experience any symptoms, such as headache, dizziness, irritation in your throat or eyes, or skin rashes. Those might indicate that you are being overexposed to a chemical.

♦ DO NOT BE AFRAID (or too shy) to ask your employer to go over something to make sure you've got it right, or to ask them to watch you to make sure you are doing something correctly.

Some Ways to Ask for Help

♦ I'm not sure how this works, could you spare a few minutes to show me again?

♦ I think I've got the hang of this, but can you watch to make sure I'm doing everything right?