

Safety Starts at Home

More than 30,000 young workers in Canada are injured at work each year. Parents and guardians have a responsibility to prepare them for work even before they get their first job. Staying involved is key to ensuring their health and safety at work.



Did you know?

- Young workers are often at greater risk for workplace incidents because they do not have the same level of experience as other workers.
- Occupational health and safety laws across Canada require employers to provide health and safety training to all workers.
- Parents and guardians play an important role in making sure young workers come home safely at the end of each workday.



Before starting work

- **Discuss workplace health and safety.** Talk to young workers about the importance of health and safety and their rights as workers. Not familiar with health and safety? These resources can help you understand the basics so you can support them:
<https://www.ccohs.ca/youngworkers/safety-starts-at-home#in-page-resources>
- **Ask about training requirements.** Make sure they complete the necessary training to perform their job safely.
- **Encourage questions.** Help them prepare questions to ask their employer.
 - » What health and safety training and orientation will I receive?
 - » What are the workplace rules around health and safety?
 - » What personal protective equipment will I need?



Once work starts

- **Confirm safety measures are in place.**
 - » Their supervisor provides regular health and safety feedback.
 - » They have been trained to safely perform their tasks.
 - » They know how to handle potential workplace hazards like working near machinery or lifting heavy objects.
 - » They have been educated and trained in WHMIS and know how to use safety data sheets and read product labels.
- **Monitor work-life balance.** Make sure young workers get enough rest to prevent fatigue, maintain focus and, if needed, take other steps that support positive mental health and wellness.



Be a role model

- **Demonstrate safe practices.**

- » Use personal protective equipment (PPE) at home, for example, gloves, goggles and hearing protection.
- » Follow proper procedures for tasks like mowing the lawn or handling chemicals.



Encourage confidence

- **Build communication skills.** Practise scenarios to make sure young workers know how to:

- » report a hazard, including psychological hazards such as harassment and bullying
- » ask for more training
- » speak up about health and safety concerns without fear



Remember to regularly touch base with your young worker!

Key messages

Safety is a shared responsibility. Workplace health and safety involves everyone.

All workers have rights, including:

- ✓ the right to refuse tasks they believe are dangerous without fear of reprisal
- ✓ the right to know about workplace hazards and to receive proper training
- ✓ the right to participate in health and safety discussions and activities related to their job

Speak up about concerns. Reassure young workers it's okay to bring up health and safety issues and they are protected from reprisals.

