



## WORKSafe BC WORKsheet!

Name: \_\_\_\_\_

**To complete your worksheet, you will need to go to:**

<https://worksafebcclistentoyourgut.com/>

**TALK ABOUT SAFETY:** Speaking up shows that you respect your work, so always ask if you're not clear about how to do something safely.

**What should I ask at my interview?** *List a minimum of three of the suggested bullet points.*

**How can I speak to my manager about health and safety?** *List both recommendations.*

**KNOW WHO TO TALK TO:** Start with your supervisor, but you can also talk to a mentor, the owner, or a safety committee rep.

**What do I do if I have a health and safety concern?** *Summarize the four points listed in your own words.*

**LEARN ABOUT YOUR INDUSTRY:** Know the regulations and your employer's health and safety responsibilities.

**What should I expect from my employer?** *List all six of the recommendations.*

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

**EVERYONE HAS A ROLE TO PLAY:** Understand your health and safety role, and the role of your employer and supervisor.

**What is my health and safety role?** *Summarize your responsibilities.*

**What is my employer's role?** *Summarize your employer's responsibilities.*

**What is my supervisor's role?** *Summarize your supervisor's responsibilities.*

**KNOW YOUR RIGHTS:** Everyone has the right to a safe and healthy workplace. Talk to your boss if something doesn't feel safe.

**What are my workplace rights and responsibilities?**

- 1)
- 2)
- 3)

**Am I allowed to refuse unsafe work?** *List how to approach an employer about an unsafe work environment.*

- 1)
- 2)
- 3)

**ASK FOR TRAINING:** Ask your supervisor or boss for training if you didn't get it. If you don't understand something, ask for retraining.

Over half of workplace accidents involving young and new workers occur during their first six months on the job. Effective orientation and training is the best way to prevent accidents. Your employer is responsible for ensuring that all workers are prepared for the job before they start working.

**What can I expect during my orientation?** *List what you believe are the six most important aspects to understand about work training.*

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

**BE AWARE OF COMMON INJURIES:** Some injuries are more common among young workers. You can help avoid them with proper training, supervision, and by speaking up for yourself when something doesn't feel right.

**What are the common injuries for young workers, and how do I avoid them?** *List the top three most common injuries and how you can avoid them.*

1)

2)

3)

**KNOW THE HAZARDS:** Hazards aren't always easy to recognize. Your employer can help you identify the ones in your job and show you how to stay safe.

## What are some health and safety hazards I could face at work?

[illegible]