

Young Worker Facts

Five top causes of injury

1. Slips and falls
2. Over-exertion
3. Struck by/against an object
4. Bodily reaction
5. Burns

Five most common injuries

1. Strains and sprains
2. Soft tissue (cuts, punctures)
3. Bone fractures
4. Inflammation of joints
5. Burns or scalds

(Source: WSIB)

12 steps to young worker safety

Young workers

1. Know your rights and responsibilities under the law.
2. Be aware that all workers are entitled to receive training about potential hazards and safe work practices.
3. Always use appropriate protective equipment.
4. Know where to get information and answers to questions.

Employers/supervisors

5. Provide the required training to help young workers recognize hazards and work safely.
6. Be aware that young workers may be uncomfortable asking questions about health and safety problems and procedures.
7. Encourage young workers to report suspected hazards.
8. Ensure that they are properly supervised.

Parents

9. Take an active role in your children's employment decisions.
10. Learn about the Occupational Health and Safety Act and Regulations.
11. Be aware of your children's work tasks and of the training and supervision they're receiving from their employer.
12. Encourage your children to seek help and ask questions if they are unclear about work tasks or health and safety practices.

(Adapted from Saskatchewan Ministry of Labour)