**M4 Lesson 5: Staying Safe at Work**

While many of you may have not ever worked in a part-time job yet, chances are in the next couple of years most of you will! It is so incredibly important to think about ways that you can stay safe at work, as young workers have more injuries than any other age group in British Columbia! Although young workers bring a lot of positive traits to the workplace, such as energy, enthusiasm, a desire for challenge, and responsibility, unfortunately they are often reluctant to ask workplace safety questions, and are inexperienced in recognizing safety hazards, and demanding that safety training and instruction are provided.

Did you know...?

* Approximately 34 young workers are injured on the job each working day in British Columbia
* Approximately 5 young workers are permanently injured each week in British Columbia
* About five young people die each year at work in British Columbia

Staying safe at work is the responsibility of both **you**and **your employer,** and in the following lesson and accompanying assignment, you will come to learn the ways to recognize the importance of workplace safety, think about the ways to ensure that your workplace is safe, and to ask questions, tell your supervisor, and deny work that you feel is unsafe.

**What are the best ways to stay safe at work?**

1. Always ask. Never assume you can do something you've never done before. Always ask your supervisor to show you how to do something safely.
2. Use safety gear and protective clothing properly when your job calls for them.
3. Always follow safe work procedures and have your co-workers do the same.
4. Fix anything unsafe or report it to your supervisor-right away!
5. Know how to use any hazardous material you use on the job.
6. Tell your supervisor if you feel at all unsafe.

Most importantly, you have **the right to refuse any work that you feel is unsafe.**

**Hazard Recognition**

There are many different hazards that can be found at school, at home, or in the workplace, such as:

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| --- | --- |
| * tripping hazards | * broken pieces of equipment |
| * general clutter in work areas | * unknown chemicals or substances |
| * excessive noise | * spilled liquids |
| * use of flammables near heat | * improper use of tools |
| * heavy lifting | * not using the proper PPE (personal protective equipment) |

Hazards can be the result of many circumstances at your school, home, or workplace, such as unsafe actions from yourself or others, unsafe movements or amount of space to complete certain tasks, using unsafe equipment or using equipment incorrectly, or not using the proper procedures or processes. Think back to a time when you were at school, home or work and you thought about cutting corners to get something done quickly at the expense of safety. Hopefully you recognized the importance of safety and completed the task properly.

In the next assignment, you will use the **three steps of controlling, or eliminating a hazard**in different workplace scenarios.

**STEP ONE:**Recognition - See it! (What is the unsafe act(s) or condition(s) that are happening?)

**STEP TWO:**Evaluation - Think it! (Why is this a hazardous situation? What could happen?)

**STEP THREE:**Control - Do it! (What should be done in order to make the workplace safer, or prevent an accident from happening?)

Resources from Worksafe BC - [www.worksafebc.com (Links to an external site.)Links to an external site.](http://www.worksafebc.com/)

**Complete** **the Module 4 Lesson 4 Assignment**