



**NEWS RELEASE**  
**For Immediate Release**

**May 31, 2010**

**Safety Tips for Young and Seasonal Workers**

**Regina, Saskatchewan** – In 2009, more than 6,600 Saskatchewan workers between the ages of 15 and 24 years were injured at work, some permanently. The most common injuries were to hands, backs, legs and eyes.

Summer should be a time for fun, and a summer job should be an earning and learning experience, but more injuries to young workers occur in July and August than at any other time. More than half occur in four industry sectors: service, construction and building, retail and manufacturing.

In 2009, three young people died of work injuries.

Through *Mission: Zero*, *WorkSafe Saskatchewan* wants this to be the summer when every young worker goes home safely after each shift. The Ministry of Advanced Education, Employment and Labour (AEEL), and the Saskatchewan Workers' Compensation Board (WCB), as the partners of *WorkSafe Saskatchewan*, believe all work injuries are predictable and preventable. Learning to work safely is a key component to learning to work.

AEEL's website [www.aeel.gov.sk.ca/resources-for-young-workers](http://www.aeel.gov.sk.ca/resources-for-young-workers) contains some important tips to help young and seasonal workers have a safe summer job experience. Also available is the Young Worker Readiness Certificate Course, which is mandatory for 14 and 15 year olds who want to work in Saskatchewan.

**Remember your rights!**

You have the right to be trained in the safest manner to do any task.  
You have the right to participate in your company's safety and health activities.  
You have the right to refuse unsafe work!

**Remember your responsibilities!**

Always report any hazards you notice to a supervisor.  
Use all equipment properly, in the way it was designed.  
Never remove a protective guard or safety switch. It is against the law.  
You are responsible to wear the protective gear required.

**Don't be afraid to ask!**

There is no such thing as a dumb question. Asking a little question could save your life. As a new worker, you may even notice existing hazards others have missed.  
Always ask your supervisor or an experienced worker if you are not certain the safest way to do something, or if a situation looks unsafe.

**Talk to your family about your job and its duties.**

**If you do get hurt:** report your injury to your supervisor, your doctor, and the Workers' Compensation Board. Call: 1-800-787-9288 or report it online at [wcbask.com](http://wcbask.com).

First time and seasonal workers, their parents and employers, can learn more about working safely at [www.aeel.gov.sk.ca/ready-for-work](http://www.aeel.gov.sk.ca/ready-for-work) and [www.worksafesask.ca](http://www.worksafesask.ca).

## **FAST FACTS**

### **Safety Tips for Young and Seasonal Workers**

#### **Be ready for emergencies:**

- Know where the first-aid kit is located in your work area.
- Know who the designated emergency responder is for your work area. Don't attempt first aid treatment if you are not trained in first aid.
- Report any injury to a supervisor immediately.
- Know where the emergency exits are in your work area.

#### **Prevent cuts and lacerations:**

- If you're handling a knife, always cut away from the body.
- If you do receive a cut, get first aid treatment. All surfaces where blood may have spilled should be properly cleaned to protect you and others from blood borne diseases.

#### **Protect yourself and your senses:**

- Wear safety glasses to protect your eyes against liquid splashes or flying debris. If you are using chemicals, make sure you have been trained about the chemicals you are using and their hazards.
- Wear hearing protection when exposed to loud noises.
- If you are working outdoors, apply sunscreen frequently and liberally. Wear sunglasses and a brimmed hat if possible. Drink plenty of water.

#### **Wear suitable clothing:**

- Wear clothing that is appropriate for the job and the work environment.
- Wear enclosed shoes. Protect your feet from falling objects, lawn mower blades, hot grease, chemical spills, and other hazards. For jobs where heavy loads could fall, wear shoes with metal-reinforced toe guards.
- Don't wear loose clothing or dangling jewelry that can be caught in moving or rotating parts. Keep long hair pulled back.

#### **Prevent slips, trips and falls:**

- Keep floors clean and free of spills, oils and debris.
- Do not allow electrical cords and other objects to extend across a walkway.
- While mopping, make certain signs alert others of the danger of wet surfaces.
- If you have to use a ladder, make certain it is secure. Never step on the top platform of any ladder, including a step ladder.

**If your work involves operating machines:**

- Do not use equipment or tools without proper guards.
- Never reach inside moving machinery.
- Do not wear jewelry, gloves or loose clothing while using machines with high-speed moving parts, like drill presses.
- Never use electrical equipment while standing in water.

**For work that requires manual lifting, use proper lifting techniques:**

- Get close to the load. Grab the load safely, with your hands under or low on the object.
- Bend your knees, with feet slightly spread for balance and stability.
- Keep your head, shoulder and hips in a straight line as you lift. Do not twist. Turn your entire body, including your feet.
- Know how much weight you can safely lift. Get help lifting if necessary.
- If your job requires repeated heavy lifting, see if your job set-up can be altered. Reduce the load weight and the degree you are required to bend and twist.

**If working late at night:**

- Keep doors locked and avoid working alone.
- Know the emergency contact numbers and the call-in procedure.
- If there is a robbery attempt, do not argue or struggle with the perpetrators.
- Ask for an escort to your car. Park your vehicle in a well-lit area.

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*For further information, contact:*

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*WorkSafe Saskatchewan* is an injury prevention and workplace safety partnership between the WCB and the Ministry of Advanced Education, Employment and Labour (AEEL). Through the partnership, both agencies offer programs and supports that help employers and workers develop workplace safety and health programs. You can reach *WorkSafe Saskatchewan* at 1-800-667-7590. For information from AEEL, call 1-800-667-1783 or 1-800-567-7233.



*Mission: Zero* is an initiative to eliminate workplace injuries in Saskatchewan. Launched at the WCB's 2008 Annual General Meeting, the *Mission: Zero* campaign and programs drive home the impacts of work injuries and the importance of workplace safety and injury prevention. The intent behind *Mission: Zero* is to bring about faster and deeper reductions to the provincial workplace injury rate. Saskatchewan has the second highest workplace injury rate in Canada.