

Stay safe at work

The [Occupational Health and Safety Act](#) (OHSA) sets out the rights and duties of all parties in the workplace. It establishes procedures for dealing with workplace hazards and it provides for enforcement of the law where compliance has not been achieved voluntarily.

Every day in Ontario, an average of nearly 20 young workers under age 25 sustain lost-time injuries or are killed on the job. Don't get hurt at work! Protect yourself!

By law, you have the right to:

- Know about hazards in your workplace and how to protect your health and safety.
- Participate in resolving workplace health and safety concerns.
- Refuse unsafe work.

You must:

- Work safely. Use the equipment that you are required to use, and use it properly. Keep protection devices in place. Wear your safety gear.
- Report hazards (and violations of workplace health and safety law) right away to your supervisor or employer.

12 Tips for Staying Safe at Work

1. Get training.

Learn how to work safely. Follow the rules and know what to do in an emergency.

2. Be supervised.

Supervisor, will you be here to see that I do the job right? If you're not around, whom should I ask?

3. Wear the gear.

Hair nets, gloves, aprons, safety glasses, ear plugs, etc. Use them properly as required.

4. Identify risks.

Before you start the job, report unsafe practices and situations to your supervisor or employer.

5. If you don't know, ask!

There are no "dumb" questions. Learn about your rights and obligations under the OHSA.

6. Do your job.

Don't do anything you haven't been asked to do, or have been told specifically not to do.

7. Follow the safety rules.

And if you don't know the safety rules, ask your supervisor.

8. Report hazards.

Tell your supervisor if you see anything hazardous, even if it involves another worker.

9. If you're hurt.

No matter how minor, report injuries to your supervisor or employer and tell your family.

10. Talk to your family.

Tell them what you're doing at work. Let them know if you think something's wrong.

11. Be honest.

If a task is too much for you, say so! Don't attempt something that you can't handle.

12. Never assume.

Don't assume you can do something without instruction, guidance or supervision.