

So, you know that talking about safety is important.

But do you know why?

Speaking up, starting the conversation and asking questions in the workplace can help you from becoming a statistic.

Know Your Rights

Wherever you work, you have rights. Here are some important points to remember:

- You have the right to refuse any unsafe work
- You have the right to know about what can hurt you
- You have the right to take part in your own safety

It's against the law for your boss to fire or penalize you for refusing or reporting unsafe work conditions. And every employer is required by law to think about and talk to you about your safety.

For more tips and information:
SoManyWays.ca or
WCB of Nova Scotia
1-800-870-3331

To report an unsafe workplace:
OHS Division of Labour
and Advanced Education
1-800-952-2687

Retail

Tip # 1

Use safe lifting practices when performing tasks like stocking shelves or moving grocery carts to prevent strains and sprains.

Tip #2

Wear steel-toed boots in case heavy boxes or pallets fall on your feet.

Tip #3

Slippery floors can lead to slips and falls, so clean 'em up.

In 2011, there were 707 workers under the age of 25 injured in the retail industry.

Food and Beverage

Tip #1

Hot stuff. Be careful around ovens and other hot things, like popcorn or fat from fryers.

Tip #2

Sharp stuff. Be careful with knives and broken glass. Don't rush food prep, even if you feel pressured to. No one wants a finger salad.

Tip #3

Slippery stuff. Messy means slippery, especially with all that grease and cooking oil.

In 2011, there were 606 workers under the age of 25 injured in the food and beverage industry.

Manufacturing

Tip #1

Protect your fingers! Make sure you're properly trained and machines have all the appropriate guards.

Tip #2

Lift safely. Backs were second only to fingers in manufacturing injuries.

Tip #3

Don't take shortcuts to get the job done quickly. Get it done safely so you can go home, not to the hospital.

In 2011, there were 467 workers under the age of 25 injured in the manufacturing industry.

Construction

Tip #1

Building materials can be heavy. Lift safely. Knees bent. Back straight. And no twisting!

Tip #2

Make sure fall protection is in place when you're working above three metres. There are rules about scaffolding – ask your employer for Fall Protection and Scaffolding Regulations from Nova Scotia's Occupational Health and Safety Division.

Tip #3

Before you use any equipment, be properly trained on it. Do not do it "just this once."

In 2011, there were 472 workers under the age of 25 injured in the construction industry.