

Health and Safety



Do you think that safety equipment and training only apply to industrial or construction sites? Consider these hazards:

- Slip and fall injuries rate high among young workers. Think about that when you are asked to clean the washroom or mop the floor. What precautions are you taking?
- Burns are especially common for individuals working in kitchens. How do you work safely around hot appliances?
- Can you be seen? If you work around moving vehicles, (collecting carts in a parking lot or unloading trucks) do you wear a safety vest?
- When you are stocking shelves, landscaping, or moving heavy objects do you know how to lift safe?
- Painting and working with solvents requires a well-ventilated area or special mask. Are you inhaling dangerous chemicals?
- Unguarded machinery can result in serious injury. Are you working around a dough machine, conveyor, or meat cutter without special training?

No Job is worth risking injury or your life! Get the tools and training to ensure that you are working safely on the job.

This workshop provides strategies to avoid risks and stay safe in any workplace.

Staying safe on the job requires awareness and knowledge. Make Health and Safety YOUR priority!

