



## TALKING TO YOUR BOSS

Sometimes you may find it tough to talk to your boss about workplace safety, but it's important and has to be done.

Employers need to know about workplace hazards. The few minutes it takes to talk and find a solution is nothing compared to the impact of an injury. If you're not sure about talking to your boss, give an OHS officer a call at 1-800-952-2687.

Your voice is among the best safety tools in your workplace, and reporting hazards and unsafe situations is the right thing to do. Speak up if you see something risky. Your boss will thank you for it.

KEEP THE  
CONVERSATION  
GOING



**If you've been seeing stickers like this around work, it's a good sign.**

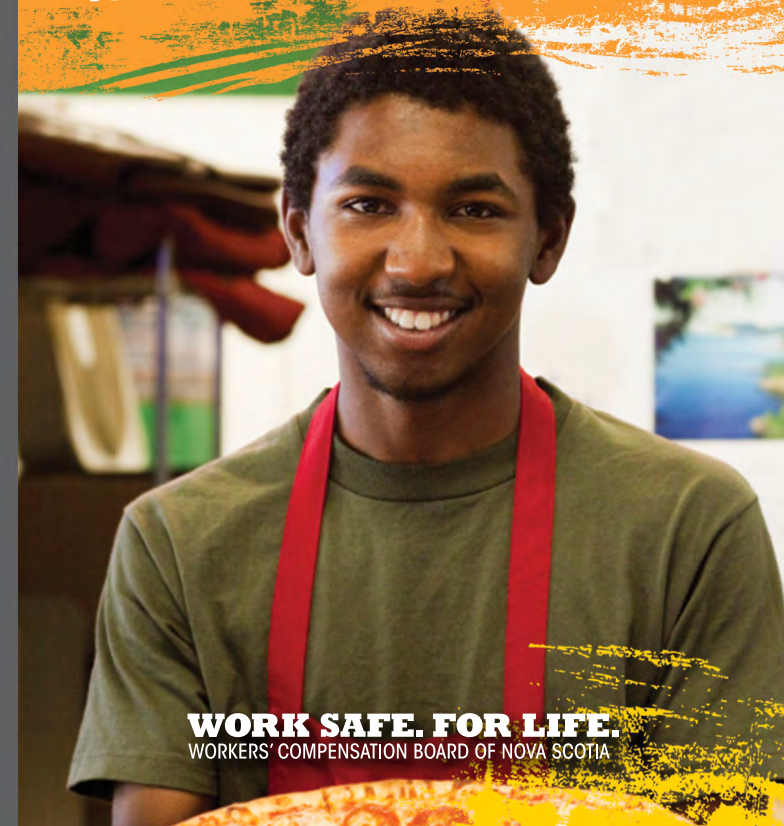
They mark the places where your employer has made efforts to improve your safety. They're also pretty good reminders of why you should hold up your end of the safety deal.

On average, about 3,000 workers under age 25 are injured on the job each year in Nova Scotia. Talk to your supervisor about workplace safety. Together, we can go a long way to improving those numbers.

[worksafeforlife.ca/youngworkers](http://worksafeforlife.ca/youngworkers)



STAYING SAFE ON THE JOB  
WHAT YOU NEED TO KNOW



**WORK SAFE. FOR LIFE.**  
WORKERS' COMPENSATION BOARD OF NOVA SCOTIA



## SAFETY MATTERS

If you're a young worker in Nova Scotia you deserve to be safe.

Getting hurt should never be a normal part of going to work, but every single day in Nova Scotia someone just like you gets hurt on the job. In fact, hundreds of young workers are injured every year. Sometimes their lives are changed forever.

None of it has to happen. Every single injury is preventable.

Safety takes some work. It's planned and purposeful and it can save your life. You have the right to be safe – make it a part of how you work.



## RECOGNIZE RISKS

Starting a first job or a new job is an important milestone in your life. It also means you're facing unique risks for workplace illness and injury. You're in a new environment with new tasks and equipment. You may even be a bit nervous to speak up if you see something potentially risky or dangerous.

In Nova Scotia many young workers start out in hotel, retail, restaurant, fast food, construction and manufacturing jobs. Because so many young people work in these industries, it's where the majority of young worker injuries occur.

No matter what you do, or where you work, recognize that your risk for workplace injury is real. You can help protect yourself by knowing your safety rights and responsibilities.



## KNOW YOUR RIGHTS

Nova Scotia's health and safety law is there to help keep you safe on the job. All workers have these three rights. Knowing them means you can start acting on them.

**You have the right to refuse unsafe work** – If you believe your work could hurt you or someone else, you can go to your supervisor and refuse to do it. You can't be fired for that. That's the law.

**You have the right to know about what can hurt you** – Your employer is required to tell you about the risks of your job. You have the right to know about hazards and how to stay safe.

**You have the right to take part in your own safety** – This includes your right and responsibility to ask safety questions, report unsafe conditions to your supervisor, follow your employer's safety rules and take part in the activities of the company's safety committee.

For more information about your workplace safety rights and responsibilities, go to [gov.ns.ca/lae/healthandsafety](http://gov.ns.ca/lae/healthandsafety) or call 1.800.952.2687 to speak to a safety officer.

