

own your safety



own your safety

Know It!

*You've got rights
Learn them and use them*

Prep It!

*Come to work prepared
to be safe and to stay safe*

Spot It!

*Watch out for hazards
they're everywhere*

Own It!

*Act with safety in mind
all day every day*

Say It!

*Ask lots of questions
Speak up about your safety*

For more information about workplace safety visit wcb.pe.ca



Work Out Loud is about owning your job and your safety. It's about taking charge of your space and the space around you at work - using your head and all your capabilities, so that you make it safely to the end of your workday, everyday.

Employees aged 15-24 put themselves at risk of injury or worse every day in Canada, but you can do something to change that. After all, being at risk is so far beyond what you're expected to do on the job that you owe it to yourself to take some control.

How to Own Your Safety

Prep It

- Bring everything you need to work with you - lunch, uniform, equipment, protective gear. . . everything.
- If you're not rested or if you're sick, you could be putting yourself in danger. Make time to get enough sleep and don't come to work if you're sick.
- Your attitude makes a big difference in your workday safety. Make the best of it while you're there.

Say It

- Ask for what you need - safety gear, training, a demo, whatever you need to feel safe.
- If you feel uncomfortable about your safety for ANY reason, speak up.

Own It

- Act with safety in mind all day, every day.
- Use the gear you need to protect yourself.
- Report any problem right away.
- Take charge of your own safety and make a safe space for everyone around you.

Know It

- You've got rights. Learn them and use them: the right to know how to do your job safely, the right to be involved in your own safety and the right to refuse unsafe work.
- Know where to get what you need to stay safe. That means anything from supplies and equipment to information and backup.
- If you know a situation is dangerous, get out of it.

Spot It

- Find out about workplace hazards and how to spot them.
- Look for hazards everywhere in your workplace.
- Ask yourself, "What could happen if . . . ?"
- Follow safe work procedures. They're there to protect you.

Find out more about Work Out Loud

Visit wcb.pe.ca Click 'health and safety', then 'young workers'

Or contact the Youth Education Consultant:



Workers Compensation Board of PEI
14 Weymouth Street, P.O. Box 757, Charlottetown, PE C1A 7L7
Tel: (902) 368-5697 Toll Free (in Atlantic Canada): 1-800-237-5049
Occupational Health & Safety
24 Hr Emergency Tel: (902) 628-7513