

David thought his summer job wouldn't be back breaking work...

## ***He was wrong!***

David was 16 years old when a workplace injury changed his life forever.

David worked in the kitchen of a golf resort. While taking out the trash, he was struck by a golf cart and his back was broken.

David has experienced paralysis, endured several surgeries and has two steel rods in his back that will be there forever.

Think a workplace injury can't happen to you?

## **Think again!**

**You are important!**  
No job is worth your arm, your leg or your life.  
Here are some tips to help you stay safe at work...

**Start Smart...**learn how to do your job safely. Ask your employer for the training you need to do your job safely.

**Use Your Head...**think the job through. Know what to do when there is an emergency situation.

**Wear the Gear...**find out what safety gear you need to wear to do the job safely and then be sure to wear it every time.

**Inform...**your supervisor if you see anything unsafe.

**Get to know...**your health and safety committee representative(s).

**Report Injuries...**if you get hurt.

**Ask...**because there are no stupid questions and doing so might save your life.

**1 800 237 5049**

**www.wcb.pe.ca**

**Don't let your first job be your last!**

*Promoting Safe Workplaces...Protecting Employers and Workers*



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