



UNSAFE ATTITUDES MEAN YOU'RE...

- * Uninformed - refusing to participate in safety training or pay attention to safety rules.
- * Complacent - cutting corners, or not paying attention because you've done a job often.
- * Careless - failing to follow safety rules or rushing.
- * Emotional - acting unsafe because of being angry or preoccupied.
- * Selfish - forgetting that your unsafe actions can harm others.
- * Fatigued - causing mental and physical mistakes by not being well rested.

SAFE ATTITUDES MEAN YOU'RE...

- * Informed - Pay close attention during safety training and ask questions about anything you don't understand.
- * Serious about safety - Follow safety rules and procedures.
- * Alert - Identify hazards and protective measures before starting a job.
- * Focused - Always remain focused on the task, and do not text while at work.
- * Team-oriented - Take responsibility for your own and others' safety, and don't ignore unsafe acts by other employees.
- * Fit to work - Be sure to get enough rest and exercise, and don't work when you are under the influence of alcohol or drugs.



Improving work safety is a topic and goal everyone needs to have.



Safety is your responsibility, and that cannot be stressed enough. Be pro-active when it comes to workplace safety. Don't wait for someone else to resolve a safety issue, because it may be you who winds up getting injured. Always take it upon yourself to do all that you can to make sure that everyone is safe at work.



courtesy of the Northern Brain Injury Association

- Prevention
- Education
- Support



1-866-979-HOPE (4673)
www.nbia.ca

A General Guide To Your

Safety At Work





YOU HAVE THE POWER TO PREVENT TRAGEDY!

In Canada, just under one million injury claims due to work related accidents are reported per year. Each province and territory, as well as the federal government, has legislation to protect workers against workplace safety hazards, giving all employees in Canada the right to work in a safe and healthy environment.

Provinces and territories also provide workers compensation benefits that are paid when a worker becomes sick, or is injured on the job. If a worker is injured by an accident at work, the supervisor must be notified at once, a health care professional (nurse or physician) should be contacted, and a claim needs to be filed with the workers compensation board.



SAFETY IS YOUR MOST IMPORTANT RESPONSIBILITY

There is no job so important, or service so urgent, that you cannot take time to perform your work safely.



It is alarming how many accidents are caused by people who forgot, or ignored, simple safety precautions. Common sense is your best safety defense, but, common sense only works when you use it. So, what is common sense?

Common sense is your ability to use all your senses and instincts to predict and prevent accidents, keeping yourself and co-workers from serious injury, or worse.

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- * Use your eyes, nose, ears, education, experience and knowledge to identify hazards
- * Safety is a team effort. Ensure that everyone knows the job's safety requirements before the job is started
- * If you begin to get a 'gut feeling' that something's not right, it probably isn't! Re-check safety precautions and re-examine the work area before continuing
- * Notify others of new and old hazards
- * Pay attention to where first aid supplies, emergency exits and equipment are
- * Dress correctly for your job. Wear personal protection equipment (PPE) for the job
- * Use safe positions and postures so you do not injure yourself
- * Always keep walkways and aisles clear
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Offices have their own set of hazards, from the work environment, to the shared equipment. The biggest hazard is to your health, because employees tend to remain physically inactive, and people are in and out on a regular basis.

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- * Staring at a computer screen and hunching over a keyboard for long periods of time can cause you pain. To avoid it, watch your posture and focus on sitting up straight. Take short breaks from the computer every hour to get up, stretch and rest your eyes
- * Repetitive movements, such as typing, can lead to wrist pain. Consider a wrist support when using your keyboard
- * Wash your hands frequently and thoroughly. Computers and phones can be covered with viruses and bacteria. Keep equipment clean, and avoid touching your nose, eyes or mouth
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Employers are legally obligated to insure your safety, but you also need to take ownership, by making sure that the work environment is safe. Learn to use equipment and supplies correctly. Know the risks and hazards of the equipment or material you work with, and if you don't, don't work with them. If you are told to do something that is highly unsafe, refuse to do it, and then carefully explain the reason to your employer.