

# ALIVE AFTER 5

NEW AND YOUNG WORKERS HEALTH  
AND SAFETY EMPLOYMENT PROGRAM



# CONTACT



## WorkSafeBC

1-888-621-7233 (1-888-621-SAFE)  
worksafebc.com

## BC Employment Standards

1-888-663-7876  
labour.gov.bc.ca/esb/esaguide

## BC Human Rights Tribunal

1-888-440-8844  
bchrt.gov.bc.ca

## Alive After 5 Program

 aliveafter5.ca

 @bcfedywsafety

  @aa5bcfed

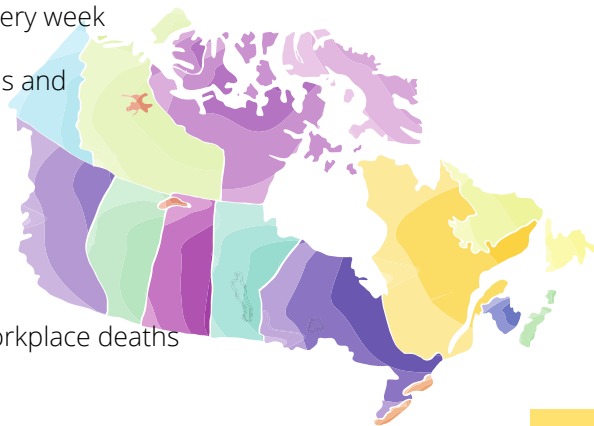
## BCFED Health and Safety Centre

ywsafety@bcfed.ca 1-888-223-5669 / 604-433-1453 healthandsafetybc.ca

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2. Hazards
3. Physical
4. Chemical
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## Young and New Workers are at a greater risk of being injured on the job:

- In BC between 2012-2016, there were 32,000 young workers with time loss injuries
- Between 2012-2016 there were 18 young worker deaths
- On average in BC, there are 14 young workers that are seriously injured every week
- On average in BC, the top incident types are overexertion, being struck, falls and exposures to harmful substances/environments
- In 2020, there were 2,218 mental disorder claims for psychological injuries
- In 2020, 3.5 million workdays were lost due to injuries
- In 2020, there were 177 reported fatalities, 151 of those were accepted workplace deaths



# HAZARDS



## Recognizing Hazards in the workplace:

A hazard is defined as anything that may expose a person to risk of injury or occupational disease. Every job has hazards. Some jobs have more hazards than others, but remember, there's no such thing as a "safe" job.

Your employer must train you for all foreseeable hazards in the workplace. For our purposes, we've put hazards into 5 categories.

## Hazard Categories

- Physical
- Chemical
- Biological
- Ergonomic
- Psychosocial



# HAZARDS

## Physical hazards can include:

- Slips, trips and falls
- Electricity
- Noise and vibration
- Dust fibres
- Exposed moving machine parts
- Falling from heights
- Heat and cold
- Burns
- Cuts and lacerations

## Physical



Physical hazards are the largest category of hazards that any worker will encounter in the workplace.

# HAZARDS



## Chemical

### Did you know?

There are over 100,000 different Chemicals and products you may use in your workplace, with new ones being added every year.

Chemicals can enter your body four different ways:

1. Ingestion, through the mouth
2. Absorption, through the skin
3. Inhalation, through the nose
4. Injection/Puncture, through the skin



# HAZARDS

**The WHMIS program is Canada's national hazard safety program. Here's what you need to know:**

1) **Warning Labels:** Labels must be posted on all containers in the workplace. With WHMIS 2015, the labels must meet the requirements of the Globally Harmonized System of Classification and Labeling. This system is universal, all labels will tell you the product's WHMIS class and division and how to work with it safely.

2) **Safety Data Sheet (SDS):** Every chemical product is required to have Safety Data Sheets. These provide more information of handling, storage, short term health effects, personal protective equipment, first aid and other information on the chemicals.

3) **Training Program:** Every worker who works with/ closely to these controlled products must receive WHMIS training!

**W**orkplace  
**H**azardous  
**M**aterials  
**I**nformation  
**S**ystem



# HAZARDS



## Biological

Biological hazards are hazards that are living or were once living!

### These hazards can include:

- Dirty public washrooms
- Improperly stored medical waste
- Mold, fungus and mildew
- Animal bites
- Allergic Reactions
- Money
- Covid-19



"Safety isn't an experiment, it's a commitment"



# HAZARDS

Ergonomics is all about the relationship between your body and your work environment.

## Ergonomic

### Ergonomic Risk Factors:

- Physical Demands: force, repetition, duration, posture
- Layout: reaching, heights, seating, floor surfaces
- Object Characteristics: size and shape, weight, handles
- Environment Conditions: cold/warm temperatures
- Organization: task variability, work rate, work-recovery cycles



### Did you know?

MSIs (Musculoskeletal Injuries) deal with our joints, ligaments and muscles. These types of injuries are the most common among young workers.

# HAZARDS



## Psychosocial

So far, we've talked about hazards that can cause physical harm. However, our mental health is just as, if not more important.

### **Psychosocial hazards can look like:**

- Stress
- Harassment
- Discrimination
- Shift work
- Violence
- Bullying



As workers we must protect our mental health. If there are issues at your workplace make sure you report it to your employer.



# INJURY REPORTING

## If you are injured on the job or have symptoms of a work-related illness you should:

1. Report your injury to a first aid attendant and supervisor
2. Seek medical attention. If you need to go to your doctor or an emergency room, let them know your injury is work-related.
3. Start a claim with WorkSafeBC. Important to file your claim within 24-48 hours. The longer you wait the harder it is to prove it happened in the workplace.

If you miss work, call WorkSafeBC's Teleclaim #, **1-888-WORKERS (1-888-967-5377)** If you did not miss work but got medical treatment, you can report online or download the form at [worksafebc.com](https://worksafebc.com)

## Did you know?

WorkSafeBC has 2 claims departments! One for Physical Health and one for Mental Health.

**WORKSAFE BC** Worker's Report of Injury or Occupational Disease to Employer

► Submit directly to employer. Do NOT submit to WorkSafeBC.

Section 53(3) of the Workers Compensation Act requires that, where a worker is fit, and on request of the employer, they must provide the employer with particulars of the injury or occupational disease on a report prescribed by WorkSafeBC and supplied to the worker by the employer. This is the report prescribed.

- If requested by employer, please complete this report as it appears.
- This report should be completed by the injured worker if fit to do so. It can be completed by another individual for signature by the injured worker.
- If you need assistance with completing this form, please call WorkSafeBC Claims Call Centre at 604.231.8888 or toll-free throughout Canada at 1.888.967.5377, Monday to Friday, 8 a.m. to 6 p.m. PST.

**Worker's information**

WorkSafeBC claim number (if known)		Customer care number (if known)	
Worker's last name		First name	Middle initial
Date of birth (yyyy-mm-dd)		Personal health number (BC services/Canada)	Social Insurance number
Address line 1		Address line 2	
City	Province/State	Country (if not Canada)	Postal code/Zip
Home phone number (include area code)		Business phone number (include area code)	Business extension
Occupation		Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	

**Employer's information**

Employer's organization name			
Type of business (if known)		Operating location (if known)	
Address line 1		Address line 2	
City	Province/State	Country (if not Canada)	Postal code/Zip
Employer's contact name		Employer's phone number (include area code)	Extension

**Incident information**

1. Date and time of incident (yyyy-mm-dd)	<input type="checkbox"/> a.m. <input type="checkbox"/> p.m. OR	2. Period of exposure resulting in occupational disease (yyyy-mm-dd)	
3. Date and time my injury or disease was first reported to my employer (yyyy-mm-dd)		From	To
<input type="checkbox"/> a.m. <input type="checkbox"/> p.m.		My injury or disease was first reported to (yyyy-mm-dd)	
		<input type="checkbox"/> First aid <input type="checkbox"/> Supervisor <input type="checkbox"/> Office <input type="checkbox"/> Other (specify)	

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# GRANT'S LAW



## Who is Grant? What is his legacy?

In March 2005, Grant De Patie was tragically killed when the 24 year old tried to stop gas theft. Grant was hit and dragged under the car for 7.5 km to his death. This was all to stop a driver from stealing \$12.30 worth of gasoline.

## In early 2008, "Grant's Law" was brought in with better protections for late night retail workers

- Working alone at night the public cannot have access to workers
- Working between 11pm-6am need to be at least 19 years of age
- Mandatory pre-payment for fuel
- Workers cannot work in excess of 4 hours at night without a "check in" safety system



**Grant De Patie**

# DAY OF MOURNING

**Every year thousands of people gather around the world on April 28th to observe the National Day of Mourning.**

This day is meant to honour those who have lost their lives due to their work and those who have been injured on the job. We also take this day to commit to improving health and safety in the workplace .

April 28th is observed in many different ways around the world. Many labour organizations, unions, families, communities and government agencies coordinate public events. These events can include speeches, a moment of silence, lighting candles or holding public demonstrations/campaigns to create awareness for workers.



**No job is worth risking your health and safety. Advocate for yourself and others!**

For more information check out: <https://www.dayofmourning.bc.ca>

# 4 BASIC RIGHTS



**As workers, we have 4 Basic Occupational Health and Safety Rights.**

## P.U.N.K

The Right to **Participate**: in health and safety activities in your workplace and to assist the JOH&SC identify workplace hazards.

The Right to Refuse **Unsafe Work**: if you are being directed to do something you believe could hurt you or someone else, you have the duty and absolute right to refuse unsafe work.

The Right to **No Discrimination**: for using any of your health and safety rights or for contacting the Worker's Compensation Board of BC or your union.

The Right to **Know**: about all the existing or potential hazards in the workplace. As a new or young worker, you have the right to additional training if you need it!



# WHAT PROTECTS ME?



The **BC Employment Standards Act** is the law in BC that sets the standard for compensation, working conditions and payment in most workplaces. The BC Employment Standards Branch is who we can call to make inquiries/complaints.

The logo for WorkSafe BC, consisting of the word 'WORK' in white, bold, sans-serif capital letters on a black background, followed by 'SAFE BC' in black, bold, sans-serif capital letters on an orange background.

**WorkSafeBC** is the organization that promotes prevention of workplace accidents, illnesses and injuries. They enforce workplace safety and provide compensation to injured workers. We can contact them if we need to file a claim, or report an unsafe working condition.

The logo for the British Columbia Human Rights Tribunal (BCHRT), featuring the letters 'BCHRT' in white, bold, sans-serif capital letters on a dark teal background.

The **BC Humans Rights Code** is the law that helps protect us from discrimination and harassment. The BC Human Rights Tribunal handles complaints and Human Rights violations.

\*See Index page for contact information



## AA5 WEBSITE



## CHECK US OUT AT OUR WEBSITE & GIVE US YOUR FEEDBACK!



## AA5 SURVEY

This document is a publication of the BC Federation of Labour Occupational Health and Safety Centre and is intended for the public education purposes of the 'Alive After 5' program. Reproduction with acknowledgment is strongly encouraged. This entire document was completed with Union Labour. For additional copies please contact us. 604 433 1453



**Health & Safety  
Centre**

