

ALIVE AFTER 5

NEW AND YOUNG WORKERS HEALTH
AND SAFETY EMPLOYMENT PROGRAM

BCFED
HEALTH & SAFETY CENTRE

ALIVE AFTER 5

Contact

WorkSafeBC

1-888-621-7233 (1-888-621-SAFE)
1-888-WORKERS (1-888-967-5377)
worksafebc.com

BC Human Rights Tribunal

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

BC Employment Standards

1-833-236-3700
1-604-660-2421
gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards

Alive After 5 Program

604-290-1202
aliveafterfive.ca
ywsafety@bcfed.ca

BCFED Health and Safety Centre

1-888-223-5669
healthandsafetybc.ca
@bcfedhealthandsafety



New and young workers are at a greater risk of being injured on the job:

- In BC between 2015-2024, there were 70,345 young workers claims
- Between 2015-2024 there were 35 young worker deaths
- On average in BC, there are 19 young workers that are injured daily
- On average in BC, there are 15 young workers that are seriously injured every week
- Nearly 7,000 young workers are injured on the job every year in B.C., with roughly 800 of them being serious injuries
- In 2025, there were 185 fatalities reported in BC; 138 were accepted, 2 were young workers
- In Canada, there are over 1,000 fatalities every year

Sources: WorkSafeBC, CCOHS Canada, and the BC Federation of Labour

ALIVE AFTER 5

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:

- Physical hazards
- Chemical hazards
- Biological hazards
- Ergonomic hazards
- Psychosocial hazards



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

Chemical Hazards

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

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



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Chemical 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!

Workplace
Hazardous
Materials
Information
System



Biological Hazards

These hazards can include:

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



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

Ergonomic Hazards

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

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



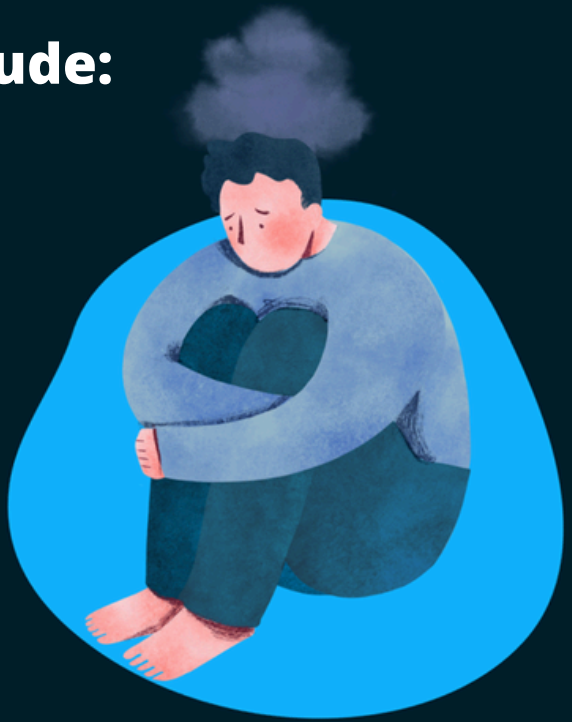



MSIs (Musculoskeletal Injuries) deal with our joints, ligaments and muscles. These types of injuries are the most common among young workers.

Psychosocial Hazards

These hazards can include:

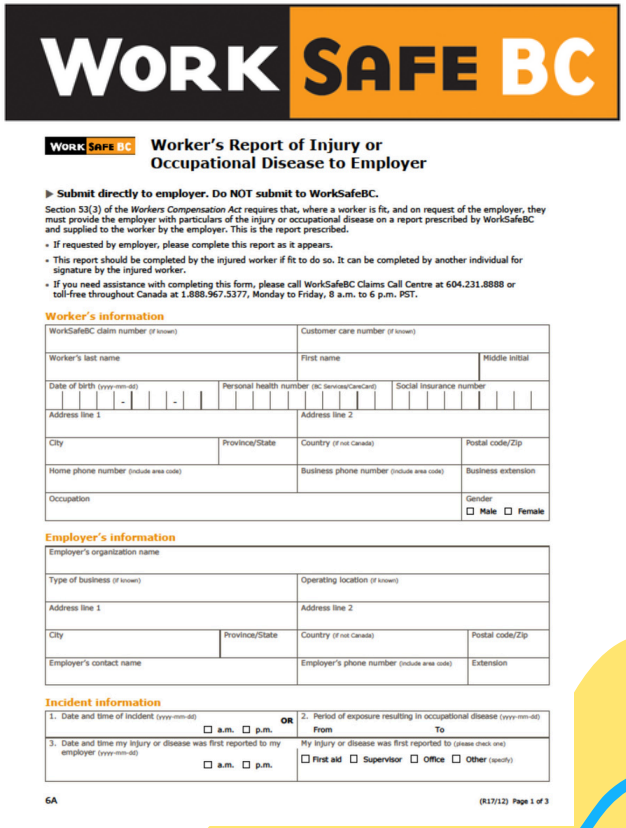
- Stress
- Harassment
- Discrimination
- Shift Work
- Violence
- Bullying



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 within 24-48 hours
    - The longer you wait the harder it is to prove it happened in the workplace



WORK SAFE 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/CareCard)		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 ☐ Male ☐ 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) ☐ a.m. ☐ p.m. **OR**	2. Period of exposure resulting in occupational disease (yyyy-mm-dd) From To
3. Date and time my injury or disease was first reported to my employer (yyyy-mm-dd) ☐ a.m. ☐ p.m.	My injury or disease was first reported to (please check one) ☐ First aid ☐ Supervisor ☐ Office ☐ Other (specify)

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INJURY REPORTING

If you miss work, call WorkSafeBC's Teleclaim number:

- **1-888-WORKERS (1-888-967-5377)**
  Hours: 8:00 am - 6:00pm

If you did not miss work but got medical treatment, you can report online or download the form at **worksafebc.com**



Did you know?

WorkSafeBC has 2 claims departments! One for physical health and one for mental health.

REMEMBERING GRANT DE PATIE

make late-night work safe

BCFED



WHAT HAPPENED?

A young worker was killed on the job while working at a gas station in 2005. Grant was hit and dragged underneath a vehicle that he was trying to stop from stealing $12.30 worth of gas.

WHAT NOW?

- The public cannot have access to workers working alone at night
- You must be at least 19 to work between 11:00 pm and 6:00 am in gas station, retail, or convenience store worksites.
- Mandatory pre-payment for gas
- Workers cannot work more than 4 hours without a “check-in” system

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.

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

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

Your 4 Basic Rights

As workers, we have 4 basic occupational health and safety rights

To **Participate**: in health and safety activities in your workplace and to assist the Joint Occupational Health and Safety Committee identify workplace hazards.

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.

To **No Retaliation**: for using any of your health and safety rights or contacting the Workers' Compensation Board of BC or your union.

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



CHECK US OUT AT OUR WEBSITE & GIVE US YOUR FEEDBACK

Website

Survey

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