

# Working **Y**outh

age 14 - 18

You have a good job selling things that people need. Your work probably includes waiting on customers, stocking shelves, writing up bills, getting merchandise from the stock room or warehouse, cleaning the shop, and putting things in order. This can be good and decent work, but there are always things that can hurt you or make you sick. Your employer is responsible for providing a safe workplace, but you are smart if you know the dangers and what to do about them.

## The top 4 dangers for youth



- Carrying objects too heavy for them.



- Dealing with angry customers



- Receiving improper requests (sexual or otherwise) from customers or co-workers



- Working too long, or too late in the evening

STORE

# What YOU should do to stay safe on the job

## Know the law

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The rule is: No one under 18 should do hazardous work!  
(*Insert country name*) has a law to protect young workers.  
The law says:

*(insert key points from the law that address: age, hours, tasks that are off limits)*

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## Get trained

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**Your boss or supervisor must train you** to do every task that's part of your job, such as how to handle any chemicals you need to use, how to lift heavy things, or how to use tools or equipment safely, and must show you what might be harmful. Your boss should also teach you what to do if there is a robbery or abuse from a customer. Do not be shy if you are not sure how to do something—ask!

## Be careful; be proud

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You have a job. You are helping your family. You deserve respect from clients and co-workers. If something seems unsafe, ask about it. If someone bothers or threatens you, ask for help. Keep your eyes open for dangers.

Remember, it is your employer's responsibility to provide a safe workplace. It is **your** responsibility to follow instructions and safety rules carefully.

# What YOUR EMPLOYER should do so you are safe

- Provide safe equipment, such as good ladders, carts for moving heavy boxes
- Make sure there is a security plan to protect you from assault or robbery (e.g. keeping little cash on hand, having a locked safe, never counting money alone)
- Make sure the floor is clear of clutter or things to trip on
- Have a clean washroom

## TRUE STORIES

*“One day, I saw someone trying to steal something. I chased after them out the door. When I caught up with the thief, he turned around and cut me badly with a knife.”*

*“We have to lift and move boxes all day. One day, as I was lifting a heavy carton, there was a sharp pain in my back. I couldn’t move without hurting. I had to miss work for a week, and it keeps coming back.”*

*“I have to clean the floors every night with a cleaning chemical. It makes my hands cracked and dry, but we don’t have any gloves to wear.”*

# Some other dangers and what to do about them

## VIOLENCE

- Do not count cash in front of customers. Do not work alone or isolated from others.
- Young workers should not work at night
- Do not resist during a robbery. Do not chase thieves or shoplifters. Call your boss.
- If customers are arguing with you or insulting you, get help from a co-worker

## FALLS

- Keep walk ways free of things to trip on.
- Never run or move too fast.
- Do not carry items too tall for you to see over.
- Use a ladder or footstool to reach objects stored up high. Never stand on a box or cart, or climb up the racks or shelves
- Do not stand on the top 3 steps of a ladder

## DISEASE

- Wash hands with soap frequently and always before eating or drinking something

## STRAIN

- Use wheeled carts or trolleys to move boxes and other items.
- Get help when lifting heavy items.
- Remember "SLIM" (Safe Lifting Methods)

**S**quat to pick up the object and lift using your leg muscles not your back

**L**ean close, keeping the heavy item against your body

**M**ove your feet to turn, do not twist your body

- Take regular breaks.
- Wear shoes with cushions inside or stand on a mat or folded cardboard.
- Change position, move around, or shift weight from one foot to the other

## Electric Shock

- Do not touch or plug in electrical equipment with wet hands.
- Report if any equipment has frayed cords or is broken. Do not use it until it is fixed

**If you need help or more information, contact:**

Name and address of distributing agency here

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