My Safety and Health Checklist

This checklist from the Ontario Workplace Safety and Insurance Board, with modifications from Safe Work Manitoba, should be completed by all your new and young workers to ensure they have received safety training and know their legal rights with regard to safety protections.

- ❑ I received information on the hazards specific to my job and how to protect myself from injury and illness.
- ❑ I know my legal workplace safety and health rights including the Right to Refuse Dangerous Work.
- ❑ I know my legal roles and responsibilities as a worker.
- ❑ I have been made aware of and understand the workplace safety and health policies and rules at my workplace.
- ❑ My workplace has a joint safety and health committee or a safety and health representative. I know who the committee members are or who the representative is.
- ❑ I received a safety and health orientation when I was first hired.
- ❑ I received training on how to do my job safely and understand the specific safe work procedures for the tools, equipment, and materials I use in my job.
- ❑ I received training on the personal protective equipment I need to wear and how to use it properly.
- ❑ I received training on emergency procedures including where the exits and first aid stations are located.
- ❑ I work with a WHMIS controlled substance and received WHMIS training.
- ❑ I know where to find the SDSs (Safety Data Sheets) and review them before handling a WHMIS controlled substance.

- ❑ I will look out for hazards and know how to report an unsafe condition or act.