

New, Young & Foreign Workers in Hospitality Infographic

New Worker Orientation

Starting a new job?
Get off to a safe start by following these checklists.

Know your rights

All workers in Canada have **three basic rights**

- 1 The Right to Know about hazards on the job and how to protect yourself.
- 2 The Right to Participate in health and safety activities, including reporting unsafe practices.
- 3 The Right to Refuse Unsafe Work that poses harm to yourself or co-workers.

Did you know?
A new job means **more risk**.
New workers are more vulnerable to workplace injury or illness, many of which happen in the first month on the job.

Stay safe

- Have you had training yet? It's your employer's duty to keep you safe. Make sure you know about and are trained on all hazards in the workplace.
- Training moving too fast? Ask your supervisor to slow down and repeat.
- Do you have your PPE? Make sure you have all the personal protective equipment you need.
- Know what to do in an emergency. Ask your supervisor what to do if there's a fire, power failure or any other emergency.
- Know who to reach out to. Your supervisor should let you know who you can connect with for health and safety matters.

Stay healthy

Working during the pandemic?
Here are a few tips to keep yourself and others healthy.

- Are you feeling okay? Screen yourself for COVID-19 symptoms daily.
Common signs of infection: respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.
- Do you know your sick policy? Ask your employer what to do if you have symptoms of COVID-19 or are feeling unwell.
- Are you physically distancing? Stay the greatest distance possible (at least 2 metres) apart from others.
- Are you taking precautions? Wear a well constructed, well fitted mask, wash or sanitize hands often, and disinfect items that you share or are touched by others.

On-the-job reminders

- If you spot it, say it. Have you spotted something that's unsafe? Report it to your supervisor.
- If you're not okay, it's not okay. If you feel you're being harassed or unsafe, it's your right to report it. Talk to your supervisor, a human resources representative, or a member of your health and safety committee.
- Do you know what workplace harassment looks like? It's any time that a worker is abused, threatened, intimidated, or assaulted - and it isn't always physical. It could be inappropriate texts from a boss or team member, a coworker making offensive jokes, or being bullied by a customer.
- Your mental health matters. Know who to talk to if you're feeling stressed, bullied, or overwhelmed.

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Source: <https://www.ccohs.ca>