



## Worker Health and Safety Checklist

New and young workers



For more information, contact your local WSN Health and Safety Specialist.



1-888-730-7821 Toll-free Ontario  
705-474-7233  
workplacesafetynorth.ca





Scan for free health and safety resources

## New and Young Worker Health and Safety - Worker Checklist

Have	Need	New or Young Worker
		Employer provided you with an orientation that is: <ul style="list-style-type: none"> <li>• Instructional</li> <li>• Hands-on</li> <li>• Specific to the role and tasks to be performed</li> <li>• Covering specific topics and hazards such as Struck By, Overexertion, and Caught in or Compressed by Objects or Equipment?</li> </ul>
		Tour of facility or jobsite to familiarize yourself with your workspace?
		Introduced New or Young Worker to everyone on their crew
		Provided with a Peer Job Shadow or Mentor and the supervisor or employer informed you of what this mentorship will consist of
		Are you visually identifiable in your workplace as new to the position in some way?
		Discussed any concerns with your Mentor or Supervisor regarding your position? If yes; What?
		Discussed with your employer and supervisor any psychological vulnerabilities and support needs (i.e. anxiety or depression), physical limitations or medical conditions?
Asked	Need to Ask	Questions to ask as a New or Young Worker
		What is/are my specific job/task responsibilities? Essential Tasks                      Non-Essential Tasks
		What does a normal day in this job look like?
		Has anyone ever gotten hurt doing this job/task?
		Will I ever have to climb or work at heights?
		Will I have to lift and carry heavy objects?
		Will I have to go into any confined spaces?
		What kind of training and instructions am I going to receive to make sure I am safe?
		What kind of protective equipment are you going to give me to use, will there be training on how to use it, and if there is a problem with my PPE what is done about it?
		Will I be working with chemicals? Will you be giving me training on how to use, handle, store, dispose of them to keep myself and my coworkers safe?
		What happens if I am not feeling well, or I am tired at work?
		As my supervisor, how do I get a hold of you, and where do you work?
		As my supervisor, will you provide me with on-the-job feedback?
		Can I report safety concerns to you as my supervisor?
		What do I do if I or my co-worker gets injured at work?
		If I get hurt at home and can't come into work, what do I have to do?
		Do I know what my rights are?
		Will I have co-workers that will be comfortable with me asking them for help?
		How will you tell me about Health and Safety information? (email, boards, talks, etc.)
		If I don't feel comfortable doing something, who would you talk to about it?
		Who is the Health and Safety Representative/Joint Health and Safety Committee Members?
		Will you show me how to operate the equipment safely until I feel comfortable?

Date completed:

Signature:

For more information, contact your local WSN Health and Safety Specialist.



1-888-730-7821 Toll-free Ontario  
705-474-7233  
workplacesafetynorth.ca

