

It is very important that employers work really hard to make sure no one gets injured at work. There are three main things that your boss must do to keep you safe.

Train you: Make sure that everyone knows the rules for working safely; make sure everyone knows how to use all equipment, tools etc.

Equip you: Make sure all equipment meets safety requirements and remove any hazards, always putting safety first.

Supervise you: Make sure that everyone follows rules, wears safety gear like gloves, goggles etc. They should also take the time to talk to you about safety and encourage you to ask questions if you are not sure of anything.

Activity 1.1 Check out the SAFETY – A matter of life or death fact sheet

Make a list with two columns – one for what bosses **must do** and one for what they **shouldn't do**.

Cut out all these statements and stick them in the correct column.



Provide all necessary safety gear	Make sure all employees get proper rest breaks	Leave casual workers out of safety training
Train all employees about working safely	Don't worry about safety because 'she'll be right mate'	Ask employees for their ideas about safer workplaces
Only worry about safety when an inspector is coming	Encourage everyone to speak up if they have safety concerns	Make sure all work targets are met regardless of safety

- Young workers between the ages of 15 and 25 are more likely to be injured at work than any other age group.
- 1 in 10 young workers who are injured have to take time off school or work.
- Young men have the highest risk of being injured and killed in the workplace.
- No injury in the workplace, no matter how big or small, is acceptable.

Every workplace is different, but every workplace must put safety first.

Activity 2.1 Big or small, it's no good at all

Some people think that minor injuries are 'part of the job' – they think that cuts, burns, slips or falls are a normal part of work. But the results of these injuries can be very serious and even life threatening.

All employers need to do everything they can to stop cuts, burns, slips and falls – they need to make workplaces safe places to be.

Below are the five most common injuries that happen to young people at work and some of the ways they can occur. Decide what the boss must do to stop them happening.

Injury	How it might happen	What boss must do to stop it
Cuts	Kitchens – using knives	
	Shops – cutting open boxes	
	Building sites – using saws	
	Gardening – using branch cutters	
Slips	Kitchens – wet floors	
	Shops – tripping over stock	
	Factories – tripping on cords	
	All workplaces – running	
Falls	Building site – falling from building	
	Supermarket – falling from ladder	
	Kitchen – falling up or down stairs	
Burns	Kitchens – spilling boiling oil or water	
	Kitchens – touching hot equipment, stove etc.	
	Factory – hot equipment, chemicals	
	Outdoor work – sunburn	
Stress	Kitchens – working long shifts without breaks	
	Shops – standing in the one spot for hours	
	Factory – working different shifts every week	
	All workplaces – being bullied by other staff	

We are always encouraged to be healthy, to eat right and exercise but being healthy at work means more than taking an apple to eat in your break. There is more to Occupational Health and Safety than just sudden physical injury; your long term health can be harmed at work too. Some of the things that can damage your health in the long term are:

- Excessive hours
- Repetitive tasks
- Noise
- Lifting
- Heat, cold, sun
- Chemicals

Activity 3.1 Look at these examples and choose all the options that will prevent long term health issues

1. Working in the sun – the boss must provide

- Plenty of cool water
- Hats and sun screen
- Shaded workplace where possible
- Bathers so everyone can have a swim after work

3. You are stacking shelves at a supermarket – the boss must provide

- Training about how to lift safely
- Trolleys for moving heavy boxes
- Cricket bats for playing cricket in the aisles
- Ladders and steps to safely reach higher shelves

2. You work in a call centre and are required to work in front of a computer screen for your whole shift – the boss must provide

- Regular breaks so you can move away from your screen
- A chair and desk that will let you sit correctly
- Breaks so you can stretch your legs and back
- Prizes at the end of the week for doing the most work

4. If your workplace is noisy or you are working near machinery – the boss must provide

- Each employee with an iPod to play really loud
- Ear plugs and protective ear muffs
- Training about the long term impact of noise on your hearing
- Supervision to ensure ear protection is worn

case study: no one should die on their first day on the job

In 2009, a 19 year old man, on his first day on the job, died from heat stress after working in a ceiling cavity in Sydney's West. The week before a 16 year old boy died when he was electrocuted installing ceiling insulation in Rockhampton and in October, a 25 year old man died after being electrocuted in southern Brisbane. A female co-worker was also seriously injured in the incident.

Former ACTU president Sharan Burrow says that "shonky operators that are putting lives at risk should be driven out of the industry."

What is needed she says, is an "immediate enquiry," and "improved safety standards, better training to ensure workers are able to identify risks such as faulty wiring, and a bigger role for qualified tradespeople such as electricians to oversee the work needed to be urgently considered to prevent further deaths."

"There needs to be an immediate inquiry and a significant lift in the standards required for businesses to receive funding under government schemes."

Do more (extension activities)

1. Bullying and stress are becoming big issues in the workplace.
Take a look at the **SAFETY – Bullying in the workplace** fact sheet www.worksite.actu.org.au/fact-sheets/safety---bullying-in-the-workplace.aspx to find out all about bullying, then test your knowledge in the Bullying Quiz www.worksite.actu.org.au/quizzes/bullying-quiz.aspx
2. In groups, use activity 1.1 to create a presentation (in any style you like, including pictures, short skit, power point, etc.) and deliver it to the rest of the class. You can also show it to other classes.
3. Use the **SAFETY – Life and death in the workplace** fact sheet www.worksite.actu.org.au/fact-sheets/safety---a-matter-of-life-and-death.aspx to complete the **W.S.I #7 – Life and death at work** www.worksite.actu.org.au/fact-sheets/wsi-7---life-and-death-at-work.aspx
4. Using magazines and newspapers, find pictures of people in a workplace. Identify the safety features, if they are in a factory are they wearing safety glasses, are there things on the floor that could cause accidents etc. Also, have a look and see if there is anything that could be improved.