



Health and Safety: A Worker's Introduction



Program Duration: 3 hours

To strengthen workplace health and safety programs, the Workers Health & Safety Centre now offers a three-hour training program, *Health and Safety: A Worker's Introduction*. The training program reviews the key elements of an effective health and safety program and the important roles of workers, supervisors, employers and health and safety representatives.

HEALTH AND SAFETY POLICY AND PROGRAM

An effective workplace health and safety program includes reporting, inspecting, assessing, controlling, communicating, learning and other crucial elements. The training program discusses these elements and prompts discussion and understanding of who carries out these important roles in an effective workplace program. When all program roles are carried out, workers will return home safe and healthy each day.

HAZARD-SPECIFIC PROGRAMS

Participants will also discuss the various hazard-specific programs, such as WHMIS, confined space entry, lockout and workplace violence prevention, that may be required for their workplace. These specific programs, which are set out in the *Occupational Health and Safety Act*, regulations and industry standards, are reviewed and linked to the workplace program and workplace roles.

CONTROLLING AND ELIMINATING HAZARDS

The goal of any health and safety program is to control and eliminate hazards. Through this training, workers learn and apply the elements of health and safety theory that help them identify hazards and effective controls. Safety hazards may be the most obvious hazards and the most simple to address. But they are not responsible for most workplace injuries or deaths. Participants learn to identify the less visible hazards, such as violence, chemicals and poor ergonomics and what can be done about them.

NEW WORKER APPLICABILITY

Training participants will take away a handy pocket-sized resource booklet perfect for ready access in the workplace.

This introductory training program is an excellent foundational piece for training new workplace entrants or regular review for existing employees.



TRAINING

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