

Get a job, work safe

SPENDING YOUR PAYCHECK IS MORE FUN THAN SPENDING TIME IN THE EMERGENCY ROOM.

Get safety training. Even a simple task, like making coffee in a drive-through coffee house, has risks: burns from steam, customer violence, or heat stress. You should receive safety training on any tasks you perform on the job.

Protect yourself. Gloves, safety boots, and goggles may not be trendy, but if the job requires it, you've got to wear it. Know what the safety features are on the equipment you use and don't remove it, even if you think it's inconvenient or slows you down. It isn't worth risking your safety.

Talk about situations that seem unsafe to you. Report injuries and unsafe situations right away. Don't be afraid to speak up; it may prevent you or someone else from being hurt later. If you have concerns about working alone during early morning or late night shifts, talk these over with your employer.

Don't take shortcuts. You may be tempted to take shortcuts to get the job done faster, but it's never worth the risk. Take your time and do the job safely.

Know your rights. All workers have a right to a safe and healthy workplace. Your work rights are listed online at oregon.gov/boli. Take a look, you owe it to yourself. You can find more information at the Bureau of Labor and Industries' Summary of Child Labor Laws, including how many hours teens should work, how long breaks should be, and minimum wage requirements.

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young employee
safety

oregonyoungworkers.org

TEEN WORKPLACE SAFETY RESOURCES
orsha.org
ohsu.edu
youngworkers.org
saif.com/youngworkers

Oregon OSHA provides a free online training that enhances young workers' understanding of injuries, hazard identification, worker rights, and preparing for emergencies. Find it at goo.gl/bXeLhh.

