

Parent tips:

Keeping young workers safe

Getting a first job is an important milestone. This experience can be very rewarding. It also may expose your teen to hazardous tasks and worksite conditions. Young workers are far more likely than adults to be injured at work, even though they work fewer hours and are prohibited from doing some particularly dangerous jobs. Take this opportunity to talk to your son or daughter about workplace safety.

Before your teen starts work

Encourage your teen to ask questions about safety during job interviews. Remind your teen that employers like to know that potential employees are thinking about safety.

“What health and safety orientation or training will I get before I begin work?”

“Will I need safety gear?”

Remind your teen that injuries can have life-changing consequences and applying some of the information on this fact sheet can help prevent injuries from happening.

Online resources:

Oregon Young Employee Safety
youngemployeesafety.org

SAIF
saif.com

Oregon Institute of Occupational Health
Sciences
www.ohsu.edu/oregon-institute-occupational-health-sciences

Bureau of Labor and Industries Child Labor
Laws Summary
www.oregon.gov/boli/WHD/CLU/docs/childlaborlawssummary.pdf

After your teen is hired

Remind your son or daughter of his or her right to on-the-job training, information about how to work safely, and the right to refuse unsafe work without being disciplined or fired for doing so.

Check in with your teen about their duties at work. Ask:

*“What are your duties?
Are there any that make you
uncomfortable?”*

“How safe do you feel at work?”

“What kind of training did you receive?”

*“Do you know how to
operate equipment safely?”*

*“Do you know who your direct
supervisor is and how to
contact them?”*

*“Do you know what to do if you
are injured on the job?”*

Help your teen to feel comfortable asking co-workers or a supervisor questions at work. Help brainstorm ways to handle potentially difficult situations.

Talk to your teen about the dangers of working while tired, while taking medication or under the influence of drugs or alcohol, and while texting.

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Oregon young
employee safety