Live Safe! Work smart!

Hints for speaking with your supervisor

1. Get ready
   - Have your facts straight.
   - Plan what you will say – you can even practice at home.
   - Stick to your safety questions – don’t bring other issues like pay or time into the issue.

2. Be positive
   - Try to propose a solution if you can.
   - Let your supervisor know that you want to do the best job that you can but that this task is new to you and you want to do it safely – for everyone’s sake

3. Pay attention to how you are asking
   - Be polite and respectful.
   - Stay calm.
   - Try not to put your supervisor on the spot.
   - Do not blame people.
   - Try saying “I” instead of “you.”
   - Watch your body language – don’t cross your arms or point your finger; this makes you look angry.

4. Get support
   - From co-workers.
   - From teachers and family.