

- If an alarm goes off I must:**
1. Go to this place: _____
 2. Co-operate and follow instructions from the people who will help me, who are: _____
 3. Remember where the emergency exits are. The emergency exit sign looks like _____ and the exits are located: _____
 4. Remember what the emergency alarm sounds like. It sounds like: _____
 5. Remember what the visual alarm looks like if there is one. It looks like: _____

The name of my workplace is: _____

The address of my workplace is: _____

My phone number at work is: _____

My supervisor's name is: _____

My supervisor's phone number is: _____

My teacher's name is: _____

My teacher's phone number is: _____

Job information

Work Safely!

Lift properly

- Bend down to the object, bending your knees.
- To raise the object to be lifted, put one knee against the object and pull the object up. Stand up using your legs to lift, keeping your back straight.
- Stand upright and carry the object with your back in an upright position.
- Always carry the object as close to your body as possible.



Use machines safely

- Never touch moving parts or remove parts.
- Tie your hair back and do not wear loose clothing.
- Do not use broken machines. Tell your supervisor.

Work safely with chemicals

- Look for danger signs on containers.
- Wear your safety gear.



If you are not sure, STOP and ask.

My Job Notebook

My name _____

My school _____

3

Other things I need to watch out for that could hurt me are:

Safety steps I must follow are:

Chemicals I work with are:

Safety steps I must follow are:

Tools I work with are:

What's dangerous on my job?

6

5. Tell my parents.

4. Tell my teacher.

me to.

3. Co-operate and go to the hospital if the first aider tells

The first aid station is located:

The first aider's name is:

2. Get first aid.

1. Tell my supervisor.

If I get hurt I must:

Learning how to work safely

I have been shown:

- how to work safely with tools
- how to work safely with chemicals
- what to do if an emergency happens
- other:

4

Safety Gear

I must wear this safety gear:

(circle the ones you wear)



5