Young Workers

Data as of Q4 2022
Report updated July 25, 2023

WHO ARE YOUNG WORKERS?

The Occupational Health and Safety Regulation defines a "young worker" as any worker under age 25. Young workers make up a significant part of industry growth and are twice as likely to be hurt, especially during increases in industry activity, most often by being struck by an object.

WHY ARE YOUNG WORKERS AT RISK?

Increased risk of injury in this group is attributed to:
- Inexperience
- Lack of training, orientation, and supervision
- Lack of preparation for the workplace
- Exposure to more dangerous jobs
- Hesitancy to ask questions
- Pressure to perform

WHAT CAN BE DONE TO ADDRESS THESE RISKS?

- New worker orientation
- Job and site-specific training
- Participation in hazard identification and risk management
- Coaching and mentoring
- Training in the use of assertive communication to stop the job
- Competency assessments
- Pre-job planning
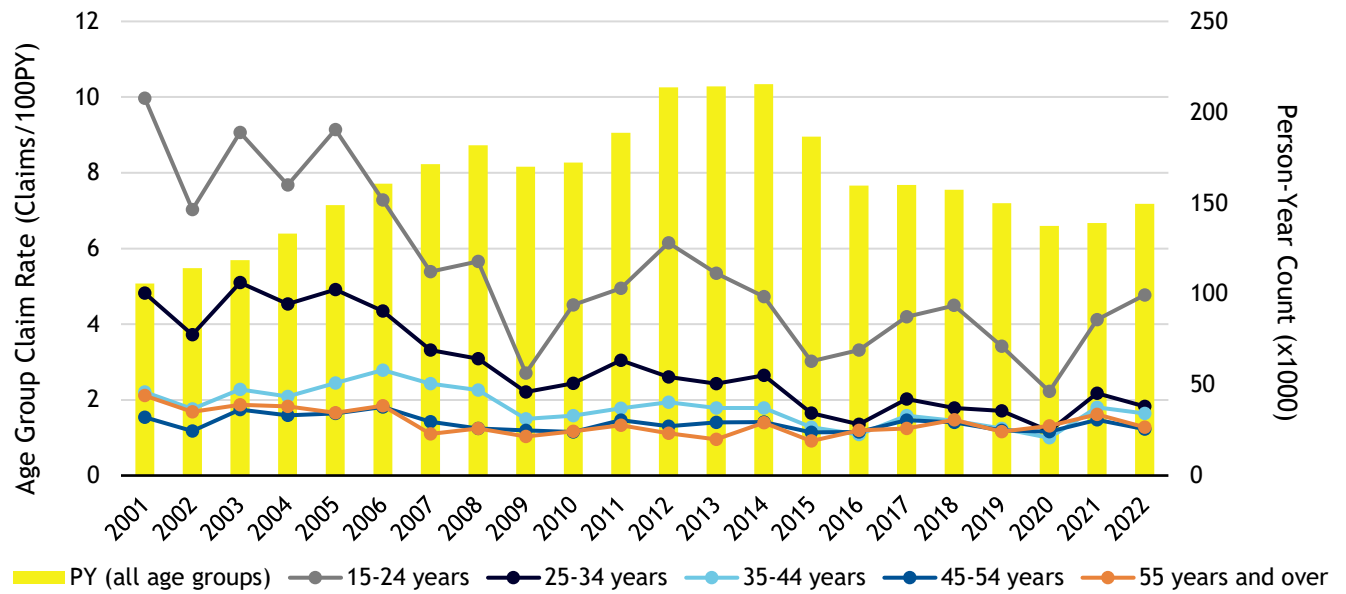- Stretching and warm-up before starting work

ENERGY SAFETY CANADA RESOURCES:

- Safety Tool Kit | Safe Start for Greenhands
- Safety Bulletin | Stop the Job
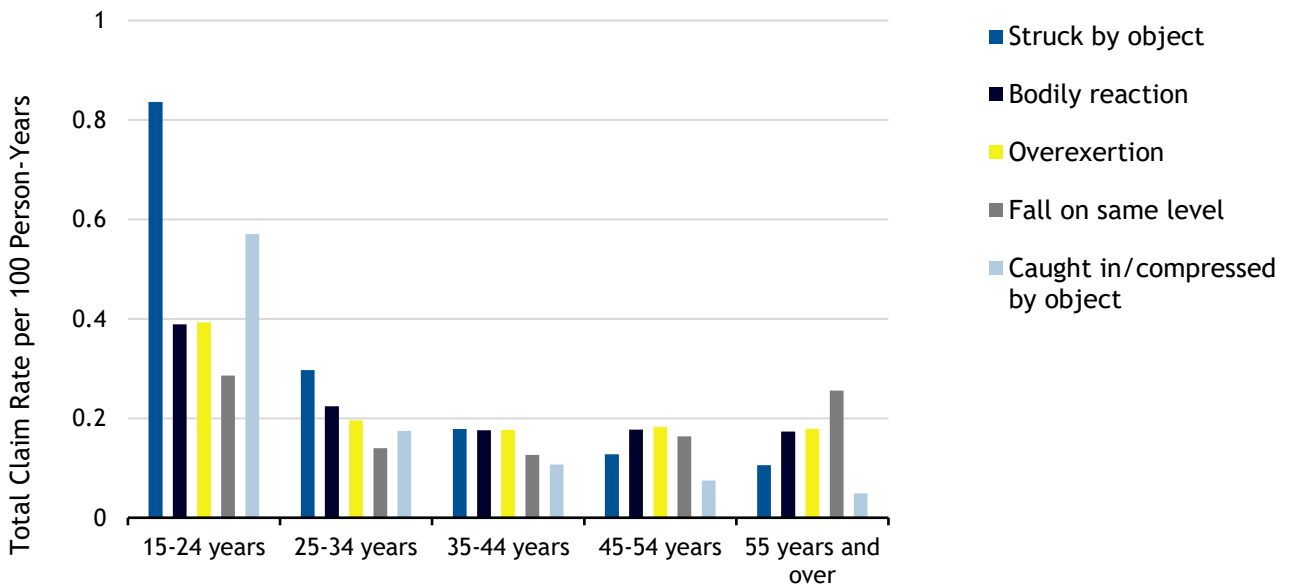- Webinar On Demand | Risk Tolerance and Human Performance: Part 1 | Part 2 | Part 3

ADDITIONAL RESOURCES:

- Young Worker Safety (Alberta OH&S)
- Employee Orientation Checklist (CCHOS)
- Training and Orienting Workers (WorkSafeBC)
- Video | Driving for Work: The Journey Management Process (WorkSafeBC)
- Video | Lost Youth: Four Stories of Injured Young Workers (WorkSafeBC)

ALBERTA CLAIM RATE TREND BY AGE GROUP

Legend: PY (all age groups) | 15-24 years | 25-34 years | 35-44 years | 45-54 years | 55 years and over

TOP INJURIES BY AGE GROUP – ALBERTA 2016-2022

Legend: Struck by object | Bodily reaction | Overexertion | Fall on same level | Caught in/compressed by object

Note: Certain injuries are not reflected in these charts. Injuries caused by exposures over many years (e.g., noise) have been excluded.

Data Disclaimer: While every reasonable effort has been made to ensure the accuracy of the data used in this report, data should be read as indicative of scope rather than exact figures. The variable nature of WCB Alberta claims management may be reflected in the data shown.