



YOUNG WORKERS

WHO ARE YOUNG WORKERS?

The Occupational Health and Safety Regulation defines a "young worker" as any worker under age 25. A "new worker" can be any age and includes those who are new to the workplace or location, or are facing new hazards. Young workers make up a significant part of industry growth and are twice as likely to be hurt, often by being struck by an object and during increases in industry activity.

WHY ARE YOUNG WORKERS AT RISK?

Typical reasons why young and new workers are injured include:

- Inexperience
- Lack of training, orientation, and supervision
- Lack of understanding of their workplace
- Lack of preparation for the workplace
- Exposure to more dangerous jobs
- Hesitancy to ask questions
- Pressure to perform

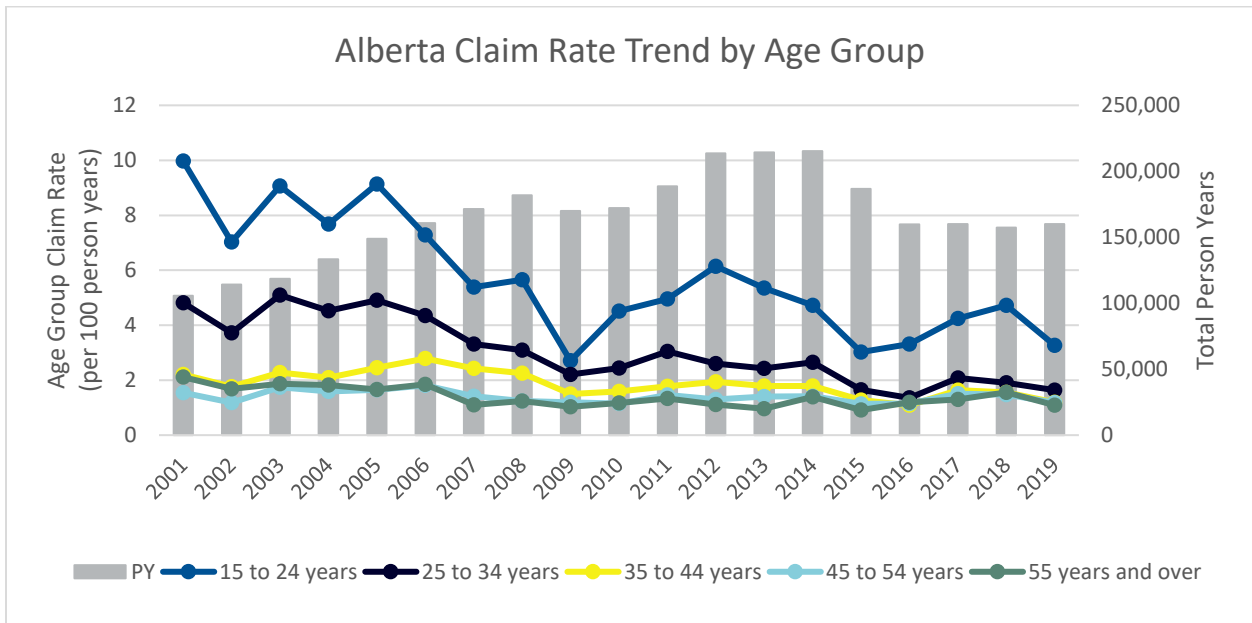
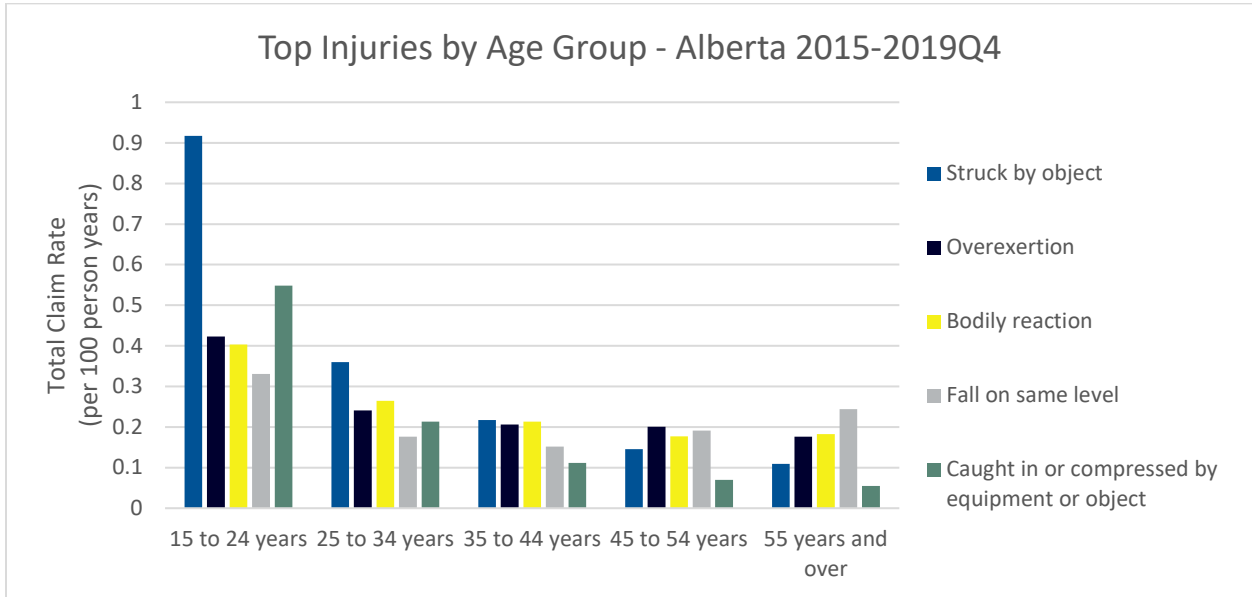
WHAT CAN BE DONE TO ADDRESS THESE RISKS?

- New worker orientation
- Job and site-specific training
- Participation in hazard identification and risk management
- Coaching and mentoring
- Learn how to Stop the Job
- Competency assessments
- Pre-job planning
- Stretching & Warm Up to Work

RESOURCES:

- [Green Hands for Green Hands](#)
- [Training & orienting workers](#)
- [Energy Safety Canada General Safety Bulletins](#)
- [Alberta OH&S Young Workers](#)
- [CCOHS Checklists](#)
- Work Safe BC (driving): <https://www.youtube.com/watch?v=PWcCfUt9I0U>
- Work Safe BC (lost youth): <https://www.youtube.com/watch?v=Mlkvyjsxz9A>

UPDATED FEBRUARY 6, 2020 – DATA AS OF 2019 Q4



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.