

**WORK SAFE BC**



chatterhigh

# WorkSafeBC Modules

## Question Booklet

Help students know the risks,  
rights and responsibilities that  
come with being a worker.



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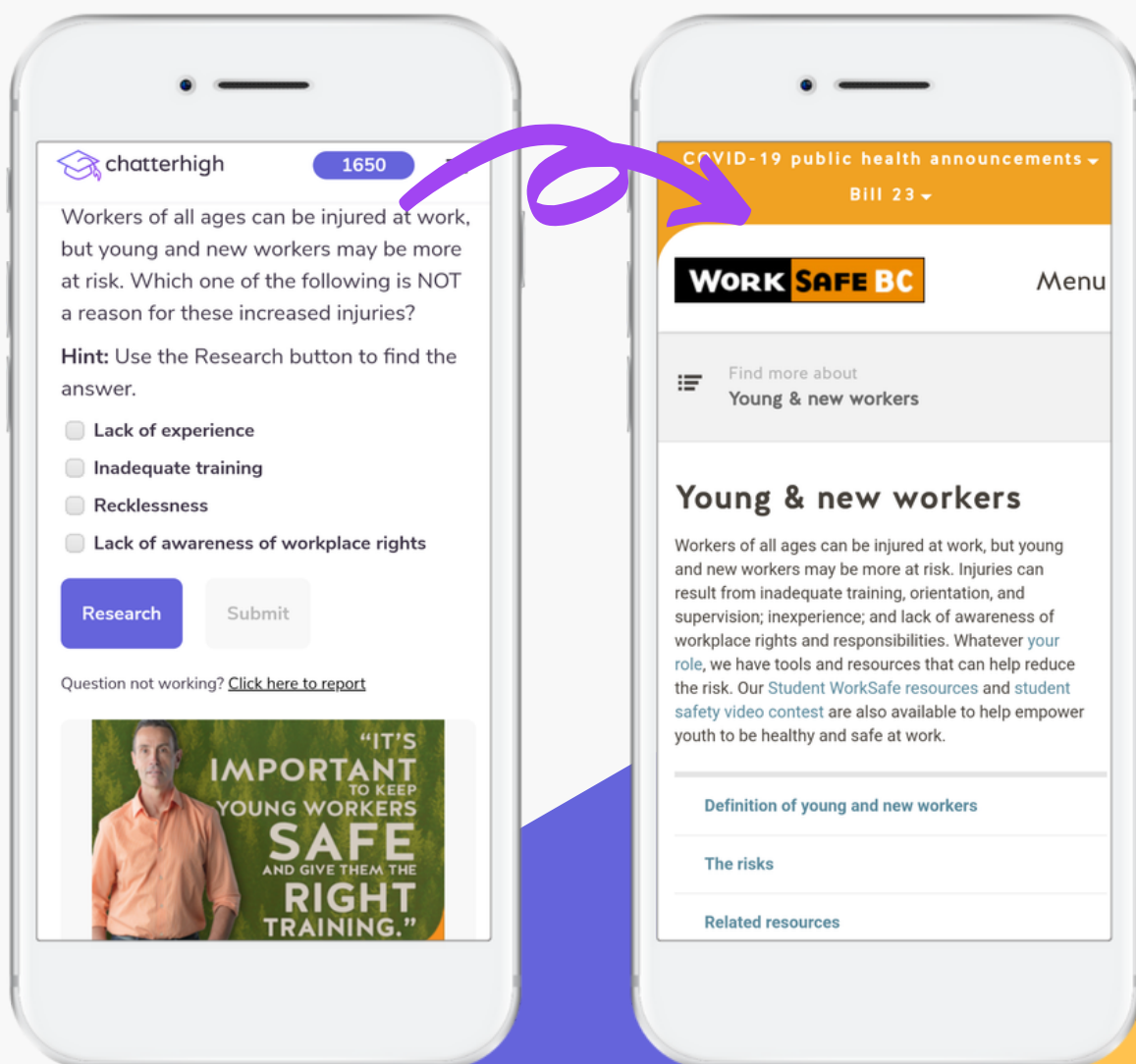
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# How It Works

Welcome to the WorkSafeBC Modules. In these modules, we ask students a series of questions about common risks associated with different kinds of work environments, as well as their rights and responsibilities as workers. They'll search for the answers on different web pages of WorkSafeBC's website. Sometimes these web pages feature a PDF, which the students may need to download to access the resource and answer the question. When they answer questions, they'll earn points, which they can use to enter prize draws or to donate to Food Banks Canada. Along the way, they'll build knowledge of valuable information and resources that will help prepare them to enter the workforce.



# We're here to help!

Have questions? Want a demo?  
Book a call, or send us an email.



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# Addressing Hazards on the Job:

## Part 1. Causes of Workplace Injuries

### List of Questions

Pick the statement about workplace safety that is most correct.

Don't ask about safety during a job interview. The interviewer will think you are a troublemaker

Ask if you are not clear about doing something. Speaking up about safety concerns shows that you respect your work.

Don't ask your boss about safety concerns. They don't have time for it.

Employers don't respect young employees who ask too many questions about safety.

<https://worksafebc.listentoourgut.com/talk-about-safety/#2>

True or False: Bullying at work is considered an internal workplace matter. It is not an issue WorkSafeBC addresses.

True

False

<https://www.worksafebc.com/en/health-safety/hazards-exposures/bullying-harassment>

Which of the following statements about heat stress is correct?

If you don't work in a hot environment regularly you are less likely to get heat stress when you do work in the heat.

If the air temperature is hotter than your skin temperature, you sweat. Therefore you won't get heat stress

The more active you are, the more you sweat and you are less likely to suffer from heat stress.

High humidity makes it harder for you to cool down and can cause heat stress.

<https://www.worksafebc.com/en/health-safety/hazards-exposures/heat-stress>

What does the term "ergonomics" mean?

Matching human capabilities with the demands of their environment.

Improving safety and reducing injuries by assessing risks.

An injury or disorder of the muscles, tendons, ligaments, joints, nerves, blood vessels or related soft tissue including a sprain, strain and inflammation that may be caused or aggravated by work.

A social science concerned with the production, distribution, and consumption of goods and services.

<https://www.worksafebc.com/en/health-safety/hazards-exposures/ergonomics>

What are the risk factors for musculoskeletal injuries?

Excessive force  
 Repetitive motion  
 Awkward postures

All of the above

<https://www.worksafebc.com/en/health-safety/hazards-exposures/ergonomics>

Fatigue reduces a person's ability to work safely and effectively, and increases the risk of injury. Which of the following does fatigue reduce?

Heart rate  
 Ability to cope with stress

Effective communication

Hormone levels

<https://www.worksafebc.com/en/health-safety/hazards-exposures/fatigue-impairment>

True or False: Fatigue levels can be intensified by light levels.

True

False

<https://www.worksafebc.com/en/health-safety/hazards-exposures/fatigue-impairment>

Falls from height are a leading cause of injury and death in construction. What are some of the risk factors for falls from a height?

Not wearing proper fall protection  
 Impairment  
 Slippery surfaces

All of the above

<https://www.worksafebc.com/en/health-safety/hazards-exposures/falls-from-elevation>

Ladders are a frequent source of injuries in the workplace. Which of the following statements is correct? Hint: Click the image.

When carrying heavy or bulky materials on a ladder always use three points of contact.

If you are working from the top rung of the ladder, ensure that the ladder is properly secured.

When descending, do not face the ladder.

Always use a three-point contact climbing method.

<https://www.worksafebc.com/en/resources/health-safety/interactive-tools/ladder-safety-in-construction?lang=en>

In order to prevent burns when using a deep fat fryer you should \_\_\_\_\_. (Fill in the blank) Hint: Click the magnifying glass on the image!

Quickly place food and utensils in the fryer to reduce oil splatter

Remove the basket from the fryer quickly to retain the oil.

Dry utensils before putting them in hot oil

Test the temperature of the oil with your finger before placing food.

<https://www.worksafebc.com/en/resources/health-safety/posters/using-deep-fat-fryers-safely>

If you are using a ladder to go up a 12-foot wall, how far away from the wall should the base of the ladder be?

2 feet

2 metres

4 feet

3 feet

<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker/science-world-exhibit/ladder-lessons>



# Addressing Hazards on the Job:

## Part 2. Hazards on the Job

### List of Questions

True or False: If you're working at least 3 metres (10 feet) off the ground, your employer must make sure you use a fall protection system.

True

False

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-11-fall-protection#SectionNumber:11.2>

True or False: A designated workplace first aid attendant must be at least 18 years old.

True

False

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.15>

If part of your job includes travelling in a worker transportation vehicle, your employer is responsible for ensuring that:

Reasonable measures are taken to evaluate road, weather, and traffic conditions to make sure workers are transported safely

A qualified person has conducted an inspection of the worker transportation vehicle before it is first used

All defects that might affect workers' safety are corrected before the vehicle is used

All of the above

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-17-transportation-of-workers#SectionNumber:17.1.1>

WHMIS (Workplace Hazardous Material Information System) 2015 is a system to better inform workers about controlled products. Which of the following is not one of the key elements of WHMIS 2015? Hint: Look at pages 5 and 6

WHMIS labels

Safety data sheets (SDSs)

Hazardous materials

WHMIS education and training programs

<https://www.worksafebc.com/en/resources/health-safety/whmis/whmis-work-2015?lang=en>

When do you need a joint health and safety committee?

If your workplace has 20 or more workers

When there has been a major accident at your workplace



When there has been an environmental spill

All of the above

<https://www.worksafebc.com/en/health-safety/create-manage/joint-health-safety-committees>

What does WHMIS stand for?

What does WHMIS stand for?

Workplace Hazardous Material Identification System

Workplace Hazardous Materials Information System

Worker Hazardous Material Information System

<https://www.worksafebc.com/en/health-safety/hazards-exposures/whmis>

As a result of exposure to flour dust, bakery workers may be at risk of developing adverse health effects such as occupational asthma, respiratory sensitization, and an allergy to flour dust. Which of the following activities is most likely to result in an adverse reaction?

Rolling out cookie dough

Loading dry ingredients into mixers

Mixing the wet ingredients into the flour

Throwing pizza dough in the air

<https://www.worksafebc.com/en/resources/health-safety/risk-advisory/flour-dust-exposure>

Last summer you worked as a lifeguard at the local pool and you were fully trained to do your job. This year, you return to the same job and on the first day back you are asked to add some chemicals to the pool. You don't remember the protocol from last year. What should you do?

Just go ahead and try it. You'll remember when you start.

Ask your employer for more training.

Ask your co-worker to show you how to do it.

Google it.

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#561D251586F84701A997C19D033ABDBE>

What are employers required to have as part of their violence prevention program if they have workers who work alone or in isolation at late-night premises?

A time lock safe on the premises that can't be opened during late-night hours

Good visibility both into and out of the premises

Workers who are at least 19 years of age

All of the above

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-04-general-conditions#SectionNumber:4.22.1>

# Addressing Hazards on the Job:

## Part 3. PPE

### List of Questions

Who pays for safety eyewear on the job?

Employee

Supervisor

Employer

WorkSafeBC

<https://www.worksafebc.com/en/resources/health-safety/ppe-information-sheets/safety-eyewear-for-workers-who-wear-glasses-or-contact-lenses>

Which of the following is not considered Personal Protective Equipment (PPE)?

Gloves

Knee pads

Back belts

Non-slip footwear

<https://www.worksafebc.com/en/resources/health-safety/ppe-information-sheets/musculoskeletal-injuries-msis>

An immersion suit is designed to save your life if you are forced to abandon ship in an emergency. What does an immersion suit do?

Keeps out the cold water

Acts like your own personal life raft

Provides a visible target for rescuers

All of the above

<https://www.worksafebc.com/en/resources/health-safety/books-guides/gearing-up-for-safety-safe-work-practices-for-commercial-fishing-in-british-columbia>

Do snowboard instructors who have more than 10 years of experience have to wear safety headgear when working?

No, workers with more than 8 years of experience skiing or snowboarding are exempt from this requirement.

Yes, instructors must always wear helmets.

No, helmets are not necessary for skiing and snowboarding.

Yes, all workers must wear helmets except if there is proof the worker is not exposed to potentially harmful contacts, or if the helmet creates a higher risk of injury.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ski-helmets-are-required>

True or False: If you have not been given hearing protection and you work in a noisy

environment, wearing headphones and listening to music can provide an adequate level of hearing protection if the noise level is below 92dBA.

True

False

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss>

Which of the following statements is the most correct?

Hearing protection is personal and should be provided by the worker to make sure the fit is correct.

Earplugs, inserted into the ear, should be visible by someone facing you. If WorkSafeBC inspects the workplace, an officer should be able to tell that you are wearing them.

You can actually hear people's voices better when you're wearing hearing protection in a noisy environment.

You should only put on hearing protection when you are actually in a noisy environment. If you put it on beforehand you may cause irritation.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss>

How can personal protective equipment prevent musculoskeletal injuries?

Some gloves can reduce vibration from tools transmitted to the hands.

Elbow and kneepads can reduce contract stress from tools and equipment.

Gloves that fit well can reduce the amount of force needed to grip items.

All of the above

<https://www.worksafebc.com/en/resources/health-safety/ppe-information-sheets/musculoskeletal-injuries-msis>

When using foam earplugs, how do you check for a good fit?

You should not hear any external sounds, only your own heartbeat.

The plugs should be visible in your ears when viewed from the front.

Your own voice should sound lower and muffled to you.

The plug should feel moist and loose.

<https://www.worksafebc.com/en/resources/health-safety/signs/when-you-use-ear-plugs>

True or False: If an object has struck a hard hat, the hard hat should be replaced.

True

False

<https://www.worksafebc.com/en/resources/health-safety/articles/know-your-hard-hat>

Eye protection prevents flying objects, debris, splashes, damaging light and fumes from hitting your eyes. What do you need to look for in eye protection? (look for...see what I did there?)

Eye protection that is approved

The correct protection for the job

Eye protection that is in good condition.

All of the above.

<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker/science-world-exhibit/goggles-glasses-eyes>





# On the Job

## List of Questions

Workers of all ages can be injured at work, but young and new workers may be more at risk. Which one of the following is NOT a reason for these increased injuries?

Lack of experience

Inadequate training

Recklessness

Lack of awareness of workplace rights

<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker>

According to WorkSafeBC, what is the most common cause of workplace injury for young workers in B.C.?

Working under the influence of drugs or alcohol

Road accidents

Lifting objects

Falling from heights

<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker/know-hazards>

True or False: Male workers aged 15–24 have a higher rate of injury compared to all other B.C. workers.

True

False

<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker/statistics>

True or False: Only workplaces with five or more employees are required to conduct new worker safety training.

True

False

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.23>

What type of workplace incident does an employer have to investigate?

An incident where the worker requires medical treatment

An incident with the potential for causing serious injury

A diving incident

All of the above

<https://www.worksafebc.com/en/health-safety/create-manage/incident-investigations/conducting-employer-investigation>

According to WorkSafeBC, a “supervisor” is someone who:

Instructs, directs, and controls workers as they carry out their work tasks

Pays the workers

Owns the company

<https://www.worksafebc.com/en/health-safety/create-manage/supervising-health-safety>

True or False: Noise exposure happens gradually. Therefore, young workers don't need to wear hearing protection in noisy environments.

True

False

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss>

Which of the following statements is true?

11% of young workers who work in noise report that they don't wear hearing protection.

11 % of people who work around noise have noise-induced hearing loss.

11% of workers under the age of 21 show signs of noise-induced hearing loss.

21 % of young construction workers have noise-induced hearing loss.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss>

Heat stress results from working in a hot environment when your body heats up faster than it can cool itself. What are some of the warning signs of heat stress?

Excessive sweating, dizziness, nausea

Irregular pulse, seizures, bleeding from the ears

Muscle cramps, hair loss, confusion

<https://www.worksafebc.com/en/health-safety/hazards-exposures/heat-stress>

What is the leading cause of worker fatalities in British Columbia?

Falls from a height

Asbestos exposure

COVID-19 exposure

Motor vehicle incidents

<https://www.worksafebc.com/en/resources/health-safety/videos/if-youre-driving-for-work-youre-on-the-job>

# Workplace Safety Rights and Responsibilities

## List of Questions

Workers in BC have three basic health and safety rights. They are

\_\_\_\_\_. (Fill in the blank) Hint: Look at page 2 of the PDF.

The right to know about the hazards on the job, the right to equal pay, and the right to refuse unsafe work.

**The right to know about the hazards on the job, the right to participate in health and safety activities, and the right to refuse unsafe work.**

The right to adequate safety protection, the right to a paid lunch break, and the right to refuse unsafe work.

The right to participate in health and safety activities, the right to a harassment-free workplace, and the right to refuse unsafe work.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/getting-a-job-ask-questions-about-safety>

If something doesn't feel safe at work, you should \_\_\_\_\_. (Fill in the blank)

Ignore it, your employer wouldn't have something unsafe at the workplace

**Listen to your instincts and talk to your manager about it**

Fill out Form 621B and send it to WorkSafeBC

Call WorkSafeBC immediately

<https://worksafebcclistentoyourgut.com>

Which of the following is part of your responsibilities as a worker?

**Be alert to hazards and immediately report them to your supervisor or employer**

Establish occupational health and safety policies

Ensure the health and safety of workers and contractors present at the workplace

All of the above

<https://www.worksafebc.com/en/health-safety/create-manage/rights-responsibilities>

Which of the following topics must be included as part of a young or new worker's training and orientation?

Workplace health and safety rules

Specific hazards that the worker may be exposed to

WHMIS information and requirements, where applicable

**All of the above**

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.23>

Which of the following are considered part of your employer's responsibilities?

Transport injured workers to the nearest location for medical treatment

Deduct 50 percent of the cost of training from workers' pay

Fix problems reported by workers.

A and C only

<https://www.worksafebc.com/en/health-safety/create-manage/rights-responsibilities>

True or False: The right of a worker to refuse unsafe work without discriminatory action is guaranteed in B.C.'s Workers Compensation Act.

True

False

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.13>

If you are at work and you believe a work procedure or tool to be unsafe, what should you do?

Refuse to do the procedure or use the tool

Communicate your concerns to your supervisor

Both A and B

Either A or B

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/getting-a-job-ask-questions-about-safety>

True or false: Your employer is responsible for providing you with safety headgear (e.g., hard hat).

True

False

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-08-personal-protective-clothing-and-equipment#SectionNumber:8.2>

If you come to work impaired for any reason and are unable to perform your job safely you must \_\_\_\_\_. (Fill in the blank)

Go home immediately

Tell your employer immediately

Lay down and sleep it off

Don't tell anyone and just try and work safely

<https://www.worksafebc.com/en/health-safety/hazards-exposures/substance-use-impairment>

When is it appropriate to refuse to do unsafe work?

When you have already completed the assigned tasks

When you have reasonable cause to believe that performing the task puts you or someone else at risk

Before you've discussed the hazardous situation with your supervisor or employer



When your co-worker tells you to  
<https://www.worksafebc.com/en/health-safety/create-manage/rights-responsibilities/refusing-unsafe-work>

You have been hired temporarily to do some demolition work on an old house for your friend's uncle. He pays cash and gives you pizza for dinner. He gives you a paper mask because there is asbestos in the building. You are concerned about breathing in the fibres. What should you do?

Just wear the paper mask. Your friend's uncle must know what he's doing.

Refuse to do the work unless the proper warning signs are posted.

Just do the work since exposure to asbestos won't hurt you right away.

Find another job. Asbestos should be removed by qualified people and exposure to it can cause serious health problems.

<https://www.worksafebc.com/en/health-safety/hazards-exposures/asbestos>

One of the health and safety rights is the right to participate. How can you exercise this right?

Join the health and safety committee

Identify safety hazards and report them to your supervisor

Speak up about any health and safety concerns you or your co-workers have

All of the above

<https://worksafebc.listentoourgut.com/>

# WorkSafe for Life

## List of Questions

According to ICBC, approximately 960 crashes occur every day in B.C., many of which are caused by distracted or inattentive driving. What is one of the leading causes of distracted driving?

Children or pets in a car

Cell phone use

Road rage

Traffic

<https://www.worksafebc.com/en/health-safety/hazards-exposures/driving-work/types/distracted-driving>

True or False: Workers have a higher risk of skin cancer if they had several blistering sunburns as a child.

True

False

<https://www.worksafebc.com/en/health-safety/hazards-exposures/sun-uv-radiation>

How many times are outdoor workers more likely to develop skin cancer than indoor workers?

2x

3.5x

4x

5x

<https://www.worksafebc.com/en/resources/health-safety/videos/sun-safety-at-work-worker>

Which of the following is a key warning sign of severe hypothermia?

Poor judgment or confused thinking

Violent shivering

Slurred speech

Loss of consciousness

<https://www.worksafebc.com/en/health-safety/hazards-exposures/cold-stress>

Workplace impairment can be a result of which of the following?

Alcohol

Cannabis

Prescription drugs

All of the above

<https://www.worksafebc.com/en/health-safety/hazards-exposures/substance-use-impairment>

How can impairment from a substance affect your ability to work safely?

Impaired judgment, perception, and decision making

Decreased motor coordination, reaction time, and sensory perception

Psychological or stress-related effects, such as mood swings or personality changes

All of the above

<https://www.worksafebc.com/en/health-safety/hazards-exposures/substance-use-impairment>

Drowning is the leading cause of death for workers in B.C.'s commercial fishing industry. What is the most important thing you can do to prevent drowning when you are on the water?

Learn to swim

Wear an approved personal flotation device (PFD)

Keep at least 3 feet away from the side of the vessel

Practice emergency drills in case someone falls overboard

<https://www.worksafebc.com/en/about-us/news-events/campaigns/2019/June/pfds-save-lives>

The maximum amount of time you should spend in a noisy nightclub without hearing protection is:

1 hour

15 min

2 hours

5 min

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss>

True or False: Noise-induced hearing damage occurs over a long period of time but if you catch it early enough it can be fixed.

True

False

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss>

# Young Workers in Construction

## List of Questions

What percentage of injuries in construction involve young workers? Hint: scroll down to "Stats & Facts."

13%

23%

33%

43%

<https://worksafebc.listentoyourgut.com>

What is the main cause of injury for young workers in construction? Hint: scroll down to "Stats & Facts."

Overexertion and being cut or hit

Violence in the workplace

Slips, trips and falls, and cuts and burns

Noise exposure

<https://worksafebc.listentoyourgut.com>

How can you tell if the noise level of an environment may be hazardous?

You have to yell in someone's ear to talk.

You can't hear someone whispering.

You have to raise your voice to be heard by someone who is an arm's length (one metre) away.

You have a constant ringing in your ears.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss?lang=en>

What is the maximum amount of time you should spend near a forklift without hearing protection to avoid permanent hearing loss?

1 hour

2 hours

3 hours

4 hours

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss?lang=en>

True or False: You can actually hear people better when you're wearing hearing protection because your ears aren't overloaded with noise that drowns out voices.

True

False

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/listen-up-how-to-prevent-hearing-loss?lang=en>



You have just started your summer job as a TCP (traffic control person) on a road resurfacing project. In addition to controlling traffic, you also have to be aware of the working trucks.

What are some things the TCP must do to stay safe?

Stand in a safe location, ideally on the shoulder or curb adjacent to the traffic being controlled.

If possible, stay 25 metres or more away from the work zone.

Have an unobstructed view of the approaching traffic.

All of the above.

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-18-traffic-control#SectionNumber:18.8>

If you are using a 12-foot ladder against a wall, how far out should the ladder's base be?

1 foot

2 feet

3 feet

4 feet

<https://bit.ly/3ifvtgE>

True or False: Hard hats can expire.

True

False

<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker/science-world-exhibit/helmets-hard-hats-brain-buckets>

A fall protection program must be used if work is being done at a place:

More than 3 metres off the ground, but only if the surface is hard and flat.

Less than 3 metres off the ground if working over water or electricity.

Where a fall of 3 metres or more may occur or where a fall of less than 3 metres might involve more risk than falling on a flat surface.

Where a fall of 3 metres might injure someone on the ground below.

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-11-fall-protection#SectionNumber:11.2>

Back pain is one of the most common injuries at work. Which one of these statements is true? Hint: check out pages 2 & 3.

Back pain is often caused by serious injury or disease.

Back pain often lasts for months and the only treatment is bed rest for long periods.

People who are off work with back pain for more than a month increase their risk of chronic pain and disability.

Surgery is almost always required to treat back pain.

<https://www.worksafebc.com/en/resources/health-safety/books-guides/back-talk-an-owners-manual-for-backs?lang=en>

Carbon monoxide (CO) is the most common cause of occupational gas poisoning leading to death. What equipment might lead to CO poisoning if used in an area with poor ventilation?

Gasoline-powered pressure washer

Portable generator

Trucks, or gasoline-powered forklifts or vehicles

Any of the above

<https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/carbon-monoxide-in-industry?lang=en>

Construction workers or other outdoor workers may be at risk of heat stress when doing physical work in the heat. What can construction workers do to reduce the risk of heat stress?

Drink plenty of water (one glass every 20 minutes).

Wear light-coloured, loose-fitting clothing made of breathable fabric.

Take rest breaks in a cool area to allow their bodies to cool down.

All of the above.

<https://www.worksafebc.com/en/about-us/news-events/news-releases/2018/June/high-temperatures-put-bc-workers-at-risk-of-heat-stress?origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23sort%3DRelevancy%26q%3Dconstruction%2520and%2520heat%26f%3Alanguage-facet%3D%5BEnglish%5D&highlight=construction%20and%20heat>

All workers in BC have three basic health and safety rights. One of these rights is the right to know about hazards in the workplace. How should you find out about hazards in your workplace?

Read every page of WorkSafeBC.com.

ChatterHigh!

You should receive training from your employer.

You'll learn about them when you start working.

<https://bit.ly/3CVif0A>

Workers doing construction, demolition or renovation work are at risk of being exposed to asbestos if the building they are working on was built before 1990. How long can it take for people exposed to asbestos to see the health effects?

The effects will be immediate, resulting in a chronic cough.

Within a week you can get pneumonia.

In 20 or 30 years you can get asbestosis, lung cancer or mesothelioma.

All of the above.

<https://bit.ly/3onNOMa>

Which of the following hidden workplace hazards are common among most workplaces and jobs?

Asbestos and lead

Noise and chemicals

Bacteria, viruses and chemicals

Pesticides and silica dust

<https://bit.ly/3kPDo5Y>



# Young Workers in Hospitality

## List of Questions

What percentage of injuries in hospitality involve young workers? Hint: scroll down to "Stats & Facts."

10%

20%

30%

40%

<https://worksafebc.listentoxyourgut.com>

What is the main cause of injury for young workers in hospitality? Hint: scroll down to "Stats & Facts."

Overexertion

Violence in the workplace

Slips, trips and falls, and cuts and burns

Noise exposure

<https://worksafebc.listentoxyourgut.com>

Workers in hospitality are often exposed to hazardous levels of noise, up to 15 decibels above the safe limit in places like pubs and nightclubs. How quickly can permanent hearing loss occur when exposed to this level of noise?

2 hours

1 hour

20 minutes

15 minutes

<https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/protecting-workers-from-noise-in-the-service-industry>

True or False: Bartenders, servers and musicians can't wear hearing protection because it would make it difficult to communicate with customers or affect the quality of the music.

True

False

<https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/protecting-workers-from-noise-in-the-service-industry>

What can hospitality workers do to reduce the risk of hearing loss on the job?

Use sound enclosures available for equipment, like blender covers used when making smoothies.

Wear hearing protection.

Get an annual hearing test.

All of the above.



<https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/protecting-workers-from-noise-in-the-service-industry>

True or False: Food trucks can explode if propane leaks from equipment or a fuel tank.

True

False

<https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/reducing-risk-propane-explosions-in-food-trucks-ws-2018-11?lang=en>

One of the following statements is false. Which one is it?

When using a deep-fat fryer you should:

Dry utensils and food before putting them into hot oil so that the oil doesn't splatter.

Allow the oil to drip off completely before removing the French fry basket.

Lower food and utensils into hot oil quickly to ensure proper cooking time.

Make sure oil doesn't drip on the floor, to reduce slipping.

<https://www.worksafebc.com/en/resources/health-safety/posters/using-deep-fat-fryers-safely?lang=en>

You have just started a new job at a butcher shop. While working on the meat grinder something gets stuck and you need to clear the obstruction. What should you do?

Turn the machine off, carefully reach in with your hand and clear the obstruction.

Keep the machine running and use a stick to poke at the obstruction until it clears.

Follow procedures to lock out the grinder before attempting to clear the obstruction.

Take a break until the service technician gets there to fix it.

<https://www.worksafebc.com/en/resources/health-safety/safety-talks-apprenticeship/6-minute-safety-talk-for-culinary-arts-knives-and-sharps/student-handout?lang=en&origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23sort%3DRelevancy%26q%3Dmeat%2520grinder%26f%3Alanguage-facet%3D%5BEnglish%5D&highlight=meat%20grinder>

When using a knife to trim or debone meat, what are some proper techniques to avoid cuts?

Use guards and glides at all times.

Clean knives immediately after use.

Curl your fingers and cut away from your body.

Use cut-resistant gloves on both hands.

<https://bit.ly/2WIBErR>

You've just started a new job as a liftee at the local ski hill. It's mid-January and it's soooo cold. What are some warning signs of moderate hypothermia?

Weak pulse and little or no breathing

Slurred speech, violent shivering and the inability to pay attention

Mild shivering and sleepiness

Numbness of the hands and feet, and extreme thirst

<https://www.worksafebc.com/en/health-safety/hazards-exposures/cold-stress>

What training should you expect at your restaurant job around violence in the workplace? Hint: check out Part 1.

Training on any people you encounter who may have a history of violence, such as customers or delivery persons.

What to do if you are subjected to violence on the job.

Safe work procedures before you are exposed to any hazards.

All of the above.

<https://www.worksafebc.com/en/resources/health-safety/books-guides/take-care-how-to-develop-and-implement-a-workplace-violence-prevention-program?lang=en>

True or False: If you are working alone, and there is a risk of violence, your boss must check on you regularly and ensure there is some kind of emergency communication available. Hint: check out Part 1.

True

False

<https://www.worksafebc.com/en/resources/health-safety/books-guides/take-care-how-to-develop-and-implement-a-workplace-violence-prevention-program?lang=en>

If you work in customer service, it is inevitable that you will have to deal with an irate customer at some point. If the customer won't calm down, what should you do? Hint: check out Part 4.

Stay calm and call 911.

Ask for help from your manager or supervisor.

Walk away.

Swear at them and walk off with style.

<https://www.worksafebc.com/en/resources/health-safety/books-guides/take-care-how-to-develop-and-implement-a-workplace-violence-prevention-program?lang=en>

You've just started work at the Roadkill Café as a dishwasher. The kitchen prep person didn't show up today, so you've been asked to slice the salami using the Acme Industrial Meat Slicer. You've never used the slicer before and you haven't had any training on how to use it. It looks dangerous! What should you do?

Suck it up buttercup. Get to work.

Call your mom, she always knows what to do.

Refuse to do it and walk off the job.

Talk to your supervisor and explain why you are not comfortable.

<https://www.worksafebc.com/en/resources/health-safety/information-sheets/getting-a-job-ask-questions-about-safety>

Owners, managers, supervisors and employees all have responsibilities around safety in the workplace. As a worker, what are some of your responsibilities?

Report any hazards you see to your supervisor.

Be sure to wear any protective clothing, devices, or equipment that your employer provides.

Never work under the influence of alcohol, drugs or any other substance, or if you're overly tired

All of the above and more.

<https://www.worksafebc.com/en/health-safety/create-manage/rights-responsibilities>



# Young Workers in Warehousing and Retail

## List of Questions

What percentage of injuries in retail involve young workers? Hint: Scroll down to “Stats & Facts.”

16%

26%

36%

46%

<https://worksafebc.listentoourgut.com>

What is/are the main cause(s) of injury for young workers in retail? Hint: Scroll down to “Stats & Facts.”

Overexertion and being cut or hit

Violence in the workplace

Slips, trips and falls, cuts and burns

Noise exposure

<https://worksafebc.listentoourgut.com>

If you work alone at night in retail, what are some safety precautions you can take?

Make eye contact with customers and greet them in a friendly manner.

Don't stare or confront anyone who appears to be loitering; just keep an eye on them.

If there is a robbery or shoplifting, don't put yourself at risk.

All of the above.

<https://www.worksafebc.com/en/about-us/news-events/campaigns/2019/August/reducing-risk-for-lone-retail-workers-late-at-night>

If you work in customer service, it is inevitable that you will have to deal with an irate customer at some point. If the customer won't calm down, what should you do? Hint: check out Part 4.

Stay calm and call 911.

Ask for help from your manager or supervisor.

Walk away.

Swear at them and walk off with style.

<https://www.worksafebc.com/en/resources/health-safety/books-guides/take-care-how-to-develop-and-implement-a-workplace-violence-prevention-program?lang=en>

What training should you expect at your retail job around violence in the workplace? Hint: check out Part 1.

Training on any people you encounter who may have a history of violence, such as

customers or delivery persons.

What to do if you are subjected to violence on the job.

Safe work procedures before you are exposed to any hazards.

All of the above.

<https://www.worksafebc.com/en/resources/health-safety/books-guides/take-care-how-to-develop-and-implement-a-workplace-violence-prevention-program?lang=en>

You have just started working retail at The Fissure, a trendy store at the mall. Your manager has asked you to get a box of sweaters from the back room. What's the best thing you can do to prevent lifting injuries?

Lift with your legs and not your back.

Pivot with your feet instead of twisting your back.

Get close to the box when lifting.

Use a dolly to avoid lifting and carrying the box as much as possible.

<https://bit.ly/3EYJ3yE>

You got the box of sweaters from the back room at your retail job at The Fissure in the mall. You open it with the box cutter you used in training and stab your leg with the blade. What might have gone wrong?

You may have been using the wrong tool.

The box cutter was too sharp.

You were cutting towards your leg and not away from yourself.

You didn't have your cut-resistant pants on.

<https://www.worksafebc.com/en/resources/health-safety/posters/preventing-cutting-injuries?lang=en>

The Fissure, the trendy store in the mall where you work, is having a mega sale. Your boss asks you to get the sale signs from the top shelf in the back room. Your co-worker tells you to just prop the ladder up on the shelf without unfolding it to save time, asserting it's also sturdier unfolded because the third rung is broken. What should you do?

Take your co-worker's advice. She's been here a long time and would know proper procedures because she's more experienced than you.

Lean the unfolded ladder against the wall and reach over to get the signs.

Open the ladder and make sure you don't step on the third rung.

Speak to your manager about the broken ladder.

<https://www.worksafebc.com/en/resources/health-safety/posters/preventing-falls-from-ladders?lang=en>

You have just joined the safety committee at Dolla Dolla where you work. Not only will that be great on your resume, but you also want to help improve safety at the store.

There have been several slip and trip injuries lately, and you have been asked to make suggestions for a new slip/trip prevention program.

What do you suggest?



Make sure everyone cleans up spills immediately and suggest management purchase a large wet floor sign.

Suggest a footwear policy where everyone must wear closed-toe, non-slip footwear.

Ask that clutter be cleaned up out of the aisles.

All of the above are great ideas.

<https://www.worksafebc.com/en/resources/health-safety/posters/preventing-slips-and-trips?lang=en>

You just started work at the BIG BOX CO, and you've been asked to help the forklift driver deliver a pallet of toilet paper to aisle 78. What personal protective equipment do you need? Hint: check out page 7 in Part 1.

Work gloves

Hard hat

Cut-resistant gloves

Safety vest

<https://www.worksafebc.com/en/resources/health-safety/books-guides/health-and-safety-guide-for-new-retail-workers?lang=en>

True or False: If you are working in a retail store and you are robbed, you should try to keep the robber talking as long as possible so that the police have a chance to catch them. Hint: check out the "Shoplifting and robbery" section in Part 2

True

False

<https://www.worksafebc.com/en/resources/health-safety/books-guides/health-and-safety-guide-for-new-retail-workers?lang=en>

As the newbie at BIG BOX CO, you have been assigned bathroom cleaning duty. You go into the bathroom and there are needles and blood on the floor. What is one risk associated with contacting blood and bodily fluids? Hint: check out the "Biological hazards" section in Part 2

Covid-19

Viral Meningitis

Colds and flu

Hepatitis

<https://www.worksafebc.com/en/resources/health-safety/books-guides/health-and-safety-guide-for-new-retail-workers?lang=en>

Your job at BIG BOX CO requires you to work with several cleaning chemicals. They smell a lot stronger than the natural ones your dad uses to clean the kitchen. How can you find out how to use these products safely?

Ask your co-workers. They seem to know what they are doing.

Google it.

Carefully read the labels and follow the training you received from your employer.

Just use water; then you won't get hurt.

<https://bit.ly/2Y7r4We>

True or False: You can't be fired or disciplined if you refuse to do work that is unsafe.

True

False

<https://bit.ly/2ZzuqS9>

The most common unseen dangers you may be exposed to at your job as a supermarket clerk are:

Noise and chemicals

Bacteria, viruses and chemicals

Chemicals and lead

Noise and silica dust

<https://bit.ly/3EZYgPT>

## Next Steps?

1. Visit [ChatterHigh.com](https://ChatterHigh.com), create an account & have your students do the same.
2. You create a class; your students join.
3. Check out the WorkSafeBC Modules.
4. Start quizzing!

Remember to send us your feedback at [info@chatterhigh.com](mailto:info@chatterhigh.com)

