

Working **Y**outh

age 14 - 18

In the cities and small towns, lots of youth get jobs in shops which make or repair things.

This can be decent work, but there are always dangers--things that can hurt you or make you sick. Your employer is responsible for providing a safe workplace, but it is wise for you to know the dangers and what to do about them.

The top 3 dangers for youth



- **Dangerous chemicals or fumes**



- **Power machinery or tools, especially those in bad repair**



- **Too much noise, too little fresh air**

SMALL FACTORY

What **YOU** should do to stay safe on the job

Know the law

The rule is: No one under 18 should do hazardous work!
(*Insert country name*) has a law to protect young workers.
The law says:

(insert key points from the law that address: age, hours, tasks that are off limits)

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Get trained

The boss must train you to do every task that's part of your job, like how to handle any chemicals you need to use, how to lift safely, or how to use knives or other tools safely. Your boss should teach you what to do if there is a robbery, crime, or abuse from a customer.

Ask, if you are not sure how to do something.

Be careful; be proud

You have a job. You are helping your family.

You are worthy of respect and care. If someone bothers or threatens you, ask someone for help. If something seems unsafe, ask about it. Keep your eyes open for dangers. Your employer is responsible for providing a safe workplace. **YOU** are responsible for following instructions and safety rules carefully.

What YOUR EMPLOYER should do so you are safe

- Make sure that all the equipment is safe to operate.
- Give you the protective clothing or gear you need (safety goggles, ear plugs, dust masks)
- Have a first aid kit and an emergency plan in case you are hurt

TRUE STORIES

Naima works all day sitting on a short wooden stool, hand painting faces onto dolls that will be sold to tourists. By the end of the day, her back hurts and she has a hard time straightening up. Her hands also ache all the time.

Jin works in machine shop as an assistant. He spends most of his time sweeping and cleaning up the shop, or fetching things for other workers. The grinders are very loud. When Jin goes home at night, he hears ringing in his ears until he falls asleep.

Salim works in a small factory that makes specially shaped plastic drinking straws. He uses a chemical to fuse the straws together into different shapes. The solvent makes his throat burn, and gives him headaches.

Some other dangers and what to do about them

MACHINE INJURIES

- Wear goggles (provided by your boss) if machines spray out bits of material
- Wear clothes that are not loose so they do not get caught in the machines
- Wear strong shoes. Do not wear sandals.

FALLS

- Clean up liquid spills immediately.
- Remove items cluttering the floor in your work areas or walk ways.
- Never run or move too fast.
- Do not carry items too tall for you to see over.

CHEMICALS/DUST

- Ask for information about the chemicals you use. Read the labels and follow instructions before using. If you do not understand the label, write down the name and ask someone for help. Do not use chemicals in enclosed spaces. Make sure there is air going through the work area.
- Wear eye protection and gloves. If the chemicals are so dangerous that the label says to wear a respirator, it is too hazardous for you!
- If the work is very dusty, use a dust mask provided by your employer. Clean up dusty areas regularly, with a wet mop if possible
- Do not put a greasy/oily rag in your pocket (danger of testicular cancer)

BODY STRAIN

- Get help when lifting heavy items (another person or a mechanical lifting device)
- remember "SLIM" (Safe Lifting Methods)

Squat to pick up the object and lift using your leg muscles not your back

Lean close, keeping the heavy item against your body

Move your feet to turn, do not twist your body

- Change your position from time to time. Add a cushion. Use a seat that is the right height so you do not have to stoop over or reach up to do the task.
- Take a rest break every 2-3 hours, even a short break helps to stretch the body.
- Take turns with other workers to do different types of tasks.
- Wear shoes or sandals with padding inside. Stand on a mat. Even a couple layers of cardboard can help.
- Change position, move around, or shift weight from one foot to the other.

HARASSMENT

- If you are being yelled at, or hit, or harassed by anyone at work, get help, either from a co-worker, your boss or someone outside the workplace.

ELECTRIC SHOCKS

- Do not touch or use electrical equipment that looks damaged or is wet. Tell your boss or supervisor about it.

NOISE

- If there is so much noise that you need to shout to be heard, your hearing can be damaged. Wear ear plugs or other hearing protection provided by your boss.

HOT WORK ENVIRONMENT

- Drink a lot of water. Take rest breaks out of the heat.
- If you start to feel dizzy or sick to your stomach, tell a co-worker. If possible, get out of the heat, drink water, and put water on your head and arms to cool down.

If you need help or more information, contact:

Name and address of distributing agency here