



## Young Worker Safety Workshops

Develop a strong safety mindset and culture

Awareness - 1 hour	Training - 1/2 day	Specific Workplace Training - 1 day
<ul style="list-style-type: none"> <li>• Rights and responsibilities</li> <li>• Physical health</li> <li>• Mental health</li> <li>• Identifying hazards</li> <li>• Unsafe work</li> </ul>	<ul style="list-style-type: none"> <li>• Rights and responsibilities</li> <li>• Physical health</li> <li>• Mental Health</li> <li>• Identifying hazards</li> <li>• Unsafe work</li> <li>• Lost youth - video and discussion (or similar)</li> <li>• Hazard recognition workshop</li> </ul>	<ul style="list-style-type: none"> <li>• Rights and responsibilities</li> <li>• Physical health</li> <li>• Mental health</li> <li>• Identifying hazards</li> <li>• Unsafe work</li> <li>• Lost youth video or similar</li> <li>• Hazard recognition</li> <li>• Specific company Policy</li> <li>• Violence</li> <li>• Harassment</li> <li>• Reporting</li> <li>• Specific hazards</li> </ul>

### First month on the job most dangerous

Workers at any age starting a new job, as well as young workers under age 24, are three times more likely to be injured during their first month at work.

Successful businesses look at training new and young workers as an opportunity to instill a strong safety mindset.

A strong health and safety culture has a direct effect on the company's reputation, morale, and overall productivity and revenue, so it's crucial to provide good training, ongoing coaching and supervision to new and young workers.

**Intended Audience:** Small and large group learning; excellent for new and young workers.



Scan for free health and safety resources

For more information, contact your local WSN Health and Safety Specialist.



1-888-730-7821 Toll-free Ontario  
705-474-7233  
workplacesafetynorth.ca





## Mental Health Workshops

With Certified Psychological Health and Safety Advisor

Choose from a variety of mental health workshops, from one to three hours, delivered in an engaging and supportive manner.

- Introductory, facilitated conversation
- Hands-on Workshop
- Leader Workshop

The sessions explore the definitions of mental illness, harm, and mental health, facts and myths, dealing with stigma and people's perceptions.



**Angele Poitras**  
Psychological Health and  
Safety Advisor  
Workplace Safety North



Scan for mental health information and app

### About Workplace Safety North

Your local health and safety partner

An independent not-for-profit, Workplace Safety North is one of four health and safety associations in Ontario, and the only one based in the north.

WSN provides province-wide government-approved workplace health and safety services for mining and forest products industries, as well as for businesses and communities across northern Ontario.

With health and safety specialists located across the province, WSN and its legacy organizations have been helping make Ontario communities safer for more than 100 years.

Businesses and communities call upon WSN for expert advice on health and safety services and training. For more information, visit [workplacesafetynorth.ca](http://workplacesafetynorth.ca).

For more information, contact Angele Poitras at [angelepoitras@workplacesafetynorth.ca](mailto:angelepoitras@workplacesafetynorth.ca)



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