Helping your teen stay safe at work

If there's one thing that seems to go hand-in-hand with adolescence, it's the ongoing need for independence. For most teens, there's a great deal of satisfaction to be had in earning their own money and having the freedom to spend it. However, parents should keep in mind that there are risks associated with many part-time jobs and workplaces.



Encouraging your teen to discuss their work and share any health and safety concerns with you is always a good idea. Here are some tips for parents that will help ensure your teen stays safe—and healthy—at work:

Know the laws and regulations governing your teen at work.

Tell them to report any hazard they see to their boss or supervisor.

- Find out what tasks they are responsible for. Are they required to do heavy lifting or work unsupervised for extended periods?
- Encourage them not to be afraid to ask for training and assistance before operating any machine or doing a new job or task. Remind them that they have the right to refuse work they believe is hazardous to their health and safety.
- Watch for warning signs that may indicate that the work may no longer be in your child's best interest or that they may be at risk for injury, such as working too many hours, overtiredness, decreased interest in school and extracurricular activities, work injuries among co-workers and citations in the workplace for labour law violations.

If your teen has concerns about safety at work, help him or her think about what change is required, and how to approach their supervisor.

Be sure to encourage open communication with your teen, so that any workplace concerns don’t go unnoticed. Remember, everyone has the right to a safe work environment, no matter what their age.