

YOUR FIRST JOB: STAY HEALTHY & SAFE

Congratulations on your first job! While you adjust to your new responsibilities, remember that your health and safety are matters you have to consider. Often workers under 25 years have a higher rate of workplace injury than older workers.

Young workers under 25 years old are

2X

as likely to be injured than those over 25.

Everyone has a right to a safe workplace, and it is important for young workers to know how to protect themselves.

Examples of workplace hazards:

- Slips, trips, and falls
- Burns and cuts
- Eye injuries
- Chemical exposure
- Motor vehicle crashes
- Machinery malfunction

MANY WORKPLACE INJURIES AND ILLNESSES CAN BE PREVENTED!

Talk to your employer. Ask him/her about:

- Safety training and potential hazards (anything that can hurt you, physically or mentally).
- Personal protective equipment and instructions on how to use tools.
- What to do in case of an emergency.

Why do young workers tend to have high occupational injury rates?

- Jobs for young workers often have more injury hazards
- Inexperience
- Inadequate safety training
- Unsafe equipment
- Inadequate supervision
- Fear of speaking to employer about safety concerns

Speak up to your employer! Employers have a responsibility to make workplaces safe. Don't be afraid to voice your concerns about a safety issue.

WHAT DO I DO IF I GET HURT OR SICK ON THE JOB?

If you get hurt or sick at work, an **occupational medicine specialist** can help you get back on your feet and prevent future injury on the job. You may be eligible to receive **workers' compensation benefits**, a form of insurance that helps cover medical costs and lost wages.

Workplace injuries or illnesses can happen to anyone. **Occupational Health** is a branch of medicine that deals with injuries and illnesses that occur because of one's job.

If you get hurt at work, take these steps:

1. For medical emergencies, seek treatment at the nearest emergency room or urgent care facility.
2. Tell your employer.
3. Get a medical evaluation by a doctor authorized by the New York State Workers' Compensation Board (WCB). Tell your doctor that you have a work-related injury. Do not pay for your care yourself or use other insurance.

A workers' compensation benefits specialist can walk you through the workers' compensation process. You can ask for a WCB authorized doctor or a benefits specialist at the Selikoff Centers for Occupational Health at **888-702-0630**.

LEARN MORE ABOUT WORKPLACE HEALTH

Are You a Teen Worker? National Institute for Occupational Safety and Health. <https://www.cdc.gov/niosh/docs/2012-130/pdfs/2012-130.pdf>

Resources for Young Worker Safety and Health. Occupational Safety and Health Administration. <https://www.osha.gov/youngworkers/resources.html>

You Have Rights! Occupational Safety and Health Administration. <https://www.osha.gov/youngworkers/workers.html>



Mount Sinai

Selikoff Centers for Occupational Health

The Mount Sinai Selikoff Centers for Occupational Health are widely recognized as leaders in the prevention, diagnosis, and treatment of workplace injuries and illnesses.

To learn more, call us at **888-702-0630**, or visit us at www.mountsinai.org/selikoff



@SinaiOccMed



@WorkerHealth