



The Sabe (Sasquatch) - Honesty

## Ningwanuk Meshquajese — Wings of Change Aboriginal Workers Education & Outreach Project

### Section 3: Identifying Hazards in Your Workplace

Workers have the right to expect healthy and safe workplaces. Workers understand the hazards they face everyday. Workers often instinctively know if their work is unsafe or unhealthy. Workers need to be involved in identifying their workplace hazards and addressing these hazards preferably at the source of the problem. Working closely together with their workplace health and safety committee, workers can help make a meaningful difference over the long run.

#### Display Posters of Seven Sacred Teachings

Wall posters available from  
Occupational Health Centre  
204-949-0811 or from  
Native Reflections - 1800-522-9322  
email: [info@nativereflections.com](mailto:info@nativereflections.com)  
website: [www.nativereflections.com](http://www.nativereflections.com)

#### Form Sharing Circle

#### Smudge and Prayer

Introduce teachings about the Smudge and the ways of the Sharing Circle and the passing of the feather.

#### Check-In

Ask participants to share their name and why they chose to come to the Circle.

#### Types of Workplace Hazards

Write each of these five headings on separate flip chart pages. 1) chemical 2) physical 3) biological 4) work design 5) Stress. Ask participants to call out at least three examples for each category. Write their responses on the flipchart pages.

#### Identify Hazards at Your Own Workplace

Ask each participant to do a hazard map of their workplace. Ask each participant to display their hazard map and share their top two workplace hazards with the large group.

#### 5 Flip Chart Sheets Coloured Markers

#### Fact sheets:

- Inspecting Your Workplace
- How Workplace Chemicals Can Harm You
- Office Indoor Air Quality
- Lighting

#### Sample Hazard Map

#### Instructions and Dots

## Focus on Solutions that will Make the Most Difference in the Long Run at Your Workplace

Place two phone books in a box with handles. Ask a volunteer to lift the box from the floor to height above shoulder level and return to floor (repeat).

Ask group for solutions at the source of the problem, the pathway and the worker for safe lifting. Emphasize that fixing the hazards at the source of the problem is usually best.

## Finding Out What Hazards Matter Most to Workers in your Workplace.

Large group discussion: What tools can you use to find out what hazards matter most to your coworkers.

## Deciding What Hazards Should be Fixed First.

Large group discussion about this topic.

Most important answers:

Serious consequences if not fixed.

Hazard frequently happens at work.

Less important answers: easily or cheaply fixed

## Making a Strong Case to Your Workplace Health and Safety Committee

Distribute worksheet for participants. Do worksheet in pairs. Suggest that participants continue to work through the worksheet at home and then share their insights with coworkers and their workplace health and safety committee.

## Evaluation

Distribute evaluation forms. Inform participants that their anonymous responses will be used solely to improve future sessions.

## Check-Out

Ask participants: Was there anything useful during this workshop and if so, how could it be incorporated into your workplace?

## Closing Reflection/Prayer

Invite participants to lead the closing prayer. Be prepared to say the prayer if no one volunteers.

**Box with Handles**

**Phone books**

**Fact sheet: Lifting Safely**

**Handout: Various tools for determining worker concerns**

**Making a Case Worksheet**

**Evaluation Form**