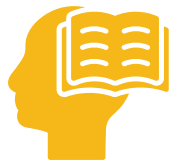


# Worker Rights and Responsibilities

## Workers' Rights

All Canadian provinces and territories have laws in place to protect the health and safety of workers. The laws provide all workers with the following three rights:



### Right to know

About hazards in the workplace, including potential exposure to COVID-19, and how to protect yourself.



### Right to participate

Through your health and safety representative or safety committee.  
By discussing health and safety concerns with your supervisor.



### Right to refuse unsafe work

That you believe is dangerous to your health and safety or that of another worker.  
Immediately report work refusals to your supervisor and follow the specific steps for your province or territory.

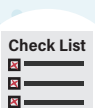
## Worker Responsibilities

Protect yourself and others from COVID-19. Follow all public health guidance.



### Isolate or quarantine

When you first arrive in Canada or if you test positive for COVID-19.



### Screening for symptoms

Wear a mask, notify your supervisor, and stay away from others if feeling sick.



### Maintain physical distancing

Maintain the greatest physical distance possible from other people (at least 2 metres).



### Wear a non-medical mask

When close to other people, or when required by your employer.



### Practice good hygiene

Wash or sanitize your hands often.

### Work Safely

Follow all health and safety laws, company rules and safe work procedures



### Communicate

If you have any concerns or are unsure about how to work safely discuss with your supervisor or employer



### Training

Attend and participate in health and safety training



### Report Injuries or Illness

If you are injured or become sick at the workplace immediately report it to your supervisor or employer



### Hazards

There are hazards in every workplace. Know how to protect yourself and others from these hazards

Be alert to hazards and report them immediately to your supervisor or employer



### Personal Protective Equipment (PPE)

Properly wear any PPE required by your employer

Examples of PPE include eye protection, safety boots, gloves, coveralls, and respirator



### Equipment and Machines

Use all equipment and machines the way you were trained to use them

Never remove any protective device (e.g., guards)

