

Understand your rights as an employee.



Develop stress-busting techniques.



Get safety and first aid training.



Ask questions, at home and at work.



# AFTER HOURS ATTITUDES

Lifestyle Choices Contribute to Safety

Here are some strategies you can adopt to make your workplace safer:

Use proper gear and techniques.



Talk to your doctor.



Take care of yourself.



Be aware children are watching you.



Get help if you have a drug or alcohol problem.

**CHOOSE SAFE NOT SORRY.**

For more information on Workplace Safety, visit [www.worksafely.org](http://www.worksafely.org)  
Workplace Health and Safety Call Centre (toll-free) at **1-866-415-8690**

**Alberta**  
HUMAN RESOURCES  
AND EMPLOYMENT