

# Empowering Young Workers: Safety, Rights, and Health in the Workplace

Did you know that the Mount Sinai Selikoff Centers for Occupational Health offers a **free 1-hour workshop for young workers** (ages 16-21)? This interactive workshop helps young workers:

- ✓ **Recognize common workplace hazards**
- ✓ **Understand their legal rights on the job**
- ✓ **Build skills to stay safe and healthy at work**



## Why host a workshop?

Our workshop aims to empower young workers by teaching them important tools for workplace success, confidence, and safety. Organizations that work with youth can offer a powerful and practical learning experience - at no cost!



## To schedule a workshop, contact:

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our website to learn more.**