

Your First Job: How to Stay Safe and Healthy

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

Young workers under the age of 25 are twice as likely to be injured at work compared to adult workers (ages 25-44)¹

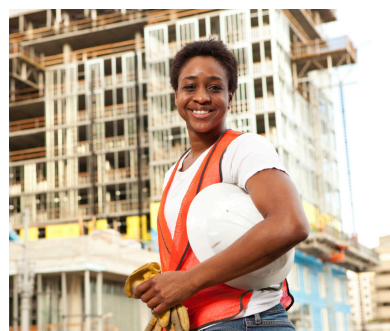
Why do young workers experience higher rates of work-related injuries?²

- Jobs with more injury hazards
- Inexperience
- Inadequate safety training
- Unsafe equipment
- Lack of supervision
- Fear of speaking up about safety concerns

Many workplace injuries and illnesses are preventable!

Talk with your employer. Ask them about:

- ✓ Safety training for employees
- ✓ Potential job-related hazards
- ✓ Personal protective equipment (PPE)
- ✓ Instructions on how to use tools
- ✓ What to do in case of an emergency



Sources:

¹ [Nonfatal Occupational Injuries to Younger Workers — United States, 2012–2018](#). Morbidity Mortality Weekly Report (MMWR) 2020;69:1204–1209.

² Rohlman DS, Campo S, TePoel M. [Protecting Young Agricultural Workers: The Development of an Online Supervisor Training](#). J Agromedicine. 2022 Oct;27(4):359-367. doi: 10.1080/1059924X.2021.1979155. Epub 2021 Sep 19. PMID: 34538218; PMCID: PMC8936061.

What to do if you become injured or ill at work:



Step 1: Get immediate medical care

If it is a medical emergency, go to your nearest **emergency room (ER) or urgent care facility** for care.



Step 2: Inform your supervisor or employer

Notify them **in writing** (letter, email, accident/incident report). Include details about **when, where, and how** the injury or illness occurred. Keep copies of all documents for your records.



Step 3: Report timeframes

Report an accident **within 30 days**. Report a work-related illness **as soon as possible**.



Step 4: Seek specialized medical care

Visit a doctor who specializes in **occupational health** and explain that your injury or illness is work-related.



Step 5: File a C-3 Form with New York State Workers' Compensation Board

Our **social work team** and **workers' compensation specialists** can guide you through the process.



**Mount
Sinai**

*Selikoff Centers for
Occupational Health*

At the Mount Sinai Selikoff Centers for Occupational Health we specialize in prevention, diagnosis, and treatment of work-related injuries and illnesses. To make an appointment, call us at 212-241-1554.