

Use your worker rights

They could save your life

Alberta

You deserve a safe and healthy workplace.

Know your rights and how to use them, to help reduce the risk of getting sick or injured on the job.



Know about workplace hazards and have access to basic health and safety information.

Tip: ask your supervisor, or employer, about the hazards of your job and where to find health and safety information.



Participate meaningfully on matters that affect your health and safety at work.

Tip: take part in health and safety activities such as hazard assessment.



Refuse work you believe is dangerous.

Tip: your employer cannot take disciplinary action against you (such as firing, transferring or intimidating you, or cutting your pay) for refusing work that is a serious and immediate danger to you or others.

Have concerns or questions, need to talk or want more information? Phone the OHS Contact Centre. You don't have to give your name to OHS. Calls can be anonymous.

1-866-415-8690 (Throughout Alberta) 780-415-8690 (Edmonton) 1-800-232-7215 (TTY)