Name _____ Date _____

CLB 3 Safety at Work – Doris's Story

Instructions:

1. Read this story.
2. Answer the questions.

Doris is a factory worker

Doris works in a factory. She stands all day on a hard floor. She does the same tasks again and again.

Doris didn't have problems with her wrists and feet at first. Now they hurt most of the time.



Doris tells her employer about her pain. She sees her doctor. And Doris tells the Workers' Compensation Board (WCB).

Doris and her employer make changes to her work area and to her daily tasks. Now her wrists and feet feel better.



Repetitive strain

Workers get repetitive strain when they do the same tasks again and again. What do employers need to do?

Employers need to improve work areas. They need to improve how workers do their tasks. For example:

✔ Provide stools so workers can sit some of the time.

✔ Put special mats on the floor.

✔ Make sure that workers can reach tools and supplies easily.

✔ Find ways to use machines to do repetitive tasks.

✔ Give workers a few short breaks instead of 1 long break.



✔ Rotate workers to other jobs. Then workers can do different tasks and use different muscles.

LIVEWORKSHEETS

Questions

1. Where does Doris work? _____

2. Doris is injured at work. Which parts of her body are injured? (list 2)

   _____

   _____

SAFETY TIP:

You have pain at work. Talk to your supervisor. They can tell you what to do.

3. Remember the 7 types of hazards. What type of hazard does this story talk about? _____

4. What kind of injury does Doris have? _____

5. What does **repetitive** mean? Use a dictionary to help you. _____

   _____

6. Look at the picture. List 5 things that make the workplace safer for Doris.

   _____

   _____

   _____

   _____

   _____

LIVEWORKSHEETS

7. What other ways can employers prevent repetitive strain? (List 2)

_____

_____

8. Is it important to talk to a supervisor about injuries at work? **YES** or **NO**

Explain your answer._____

_____

Story from: Government of Alberta. (2007). English express: Be safe at work. Retrieved from https://open.alberta.ca/dataset/99e7848a-c257-4c41-9b38-0e6fababedbd/resource/e48d421a-7c8f-43b4-a152-1e3649481bdb/download/27182772007EnglishExpressBeSafeatWork2001-03.pdf

LIVEWORKSHEETS

Answer Key

1. Where does Doris work? **At a factory**
2. Doris is injured at work. Which parts of her body are injured? **Wrists, feet**
3. Remember the 7 types of hazards. What type of hazard does this story talk about? **ergonomic**
4. What kind of injury does Doris have? **Repetitive strain injury**
5. What does **repetitive** mean? **To do something over and over again**
6. Look at the picture. List 5 things that make the workplace safer for Doris. **Safety glasses, steel-toed boots, a mat, a stool, a table that moves up and down**
7. What other ways ca employers prevent workplace injuries? **Two of: use machines to do repetitive tasks, give several shorter breaks instead of one long break, rotate workers to different tasks.**
8. Is it important to talk to a supervisor about workplace injuries? **YES** or **NO** Explain your answer. **YES, Answers will vary, but should demonstrate understanding of the importance of safety at work.**

LIVEWORKSHEETS