

## Level I Training

Program Duration: 30 hours

***“To build solidarity through education and action, to remove hazards from the workplace and to enhance worker well-being,”*** this is the goal of the WHSC *Level I* program. It is essential training for worker health and safety representatives who want to exercise fully their legal rights and responsibilities and then go one step further, to expand their skills as union activists in ongoing efforts to improve workplace health and safety.

### **PARTICIPANT-CENTRED**

Program content and design uses the best of adult education techniques to ensure *Level I* participants share and build upon their existing knowledge and experience. Participants will interact through techniques such as buzz groups, role play exercises and group discussions. Through this process participants will also compile a personal toolbox of resources and priorities to take back to their workplaces to affect change.

### **HAZARD-BASED APPROACH**

This program equips workers to use a hazard-based approach to identify, assess and control workplace health and safety hazards. In doing so, the program exposes employer-sponsored, behaviour-based safety programs and provides participants with the skills to objectively address hazardous working conditions.

### **CONTINUOUS BARGAINING**

The *Level I* program recognizes the need for worker representatives to continuously monitor changes in work processes and the work environment. Workers and their representatives are encouraged to seek protection and solutions through continuous bargaining with the employer. Every conversation or meeting with the employer is viewed as an opportunity for worker reps to meet the union’s health and safety goals.

### **NATION-WIDE APPLICATION**

This training program provides all-encompassing coverage since it includes health and safety legislation for every jurisdiction in Canada. As such, the program can be easily delivered to a mixed audience of participants from different jurisdictions, or locally to health and safety representatives in any part of Canada.

The *Level I* consists of seven compulsory plus three elective modules, each three hours in length.

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# TRAINING



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# Level I Training *cont'd*

Compulsory modules are:

- Staying Alive While Earning a Living
- The Body in the Workplace
- Toxic Substances
- Principles of Control
- It's the Law
- The Myth of Worker Carelessness
- Making Work Fit the Worker.

Participants may choose elective modules from the following:

- Biological Hazards
- Cancer
- Health and Safety and the Environment
- Indoor Air Quality
- Investigating and Reporting
- Joint Health and Safety Committees - Construction
- Looking at the Workplace
- Making Machinery and Equipment Safe
- Material Handling
- Noise and Vibration
- Personal Protective Equipment
- Violence in the Workplace
- Worker Representatives
- Workplace Stress.

**Note:** *Level I can be completed on a module by module basis. Participants will be issued a certificate upon completing 30 hours of training.*

WHSC also offers:

- *Level I* for health care workers; and
- *Level I* in French.

