

# Welcome to the 5\*22 Health and Safety Resource Kit!

This kit is intended to provide you with valuable information and direction to improve the health and safety practices at your workplace.

In this kit, you will find several resource tools to be used by management and worker representatives, JHSC members and health & safety professionals.

The kit provides the user with educational materials on the 5 fundamentals of health and safety. You can learn about each fundamental simply by reading the questions and answers that describe health and safety topics associated with each fundamental. This educational material can be posted on bulletin boards, circulated throughout the workplace or used at meetings to explain what health and safety is all about. One page summary sheets displaying the 5 fundamentals and the 22 health and safety topics are available and can also be circulated to employees or placed on bulletins, as a reminder of 5\*22.

This web site provides resource materials, sample forms and checklists that can be very useful to any workplace when creating a safe and healthy work environment. It also contains the 5\*22 Activity Guide which is a “how to” manual to assist workplaces with the implementation of the 22 health and safety topics (under construction).

In addition we have included the *Practical Guide For Assessing Basic Health & Safety Practices* on the 22 health and safety topics. This resource is written in “interview style” so a competent person can ask management or work representatives, small groups of employees and/or the JHSC members which basic health and safety practices are operational in their workplace. This will assist in meeting legislative obligations and offer valuable feedback as to whether all essential practices are in place.

The last resource tool is a *Health and Safety Activity Checklist* to be used by a competent person(s) knowledgeable in the field of health and safety. This checklist identifies many activities necessary for the provision of a safe work environment. They range from basic to problem-solving actions. Assessing activities that are, or should be, in place will assist a workplace in developing a health and safety plan that is practical and useful. That is, a plan where time and resources are devoted to health and safety topics needing support and reinforcement.

Managing health and safety needs in the workplace is an on-going process. By using these resources, the pathway to improvement should be clearer, more practical and productive. All these resources are yours to use to your benefit and success.

Remember accidents do not have to happen.

Try 5\*22– it works!

