

CAREER COMPASS

Navigating Youth to Career Success

September 2026

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WORKPLACE SAFETY: STAYING SAFE ON THE JOB



SCAN ME



Want to get involved? Scan this QR code to connect with our Youth Team and learn about exciting opportunities!

SPOT WORKPLACE HAZARDS

- **Slip & Trip Risks:** Watch for wet floors, cluttered aisles, and loose cords.
- **Heavy Lifting:** Bend your knees and ask for help with heavy items.
- **Chemical Safety:** Wear protective gloves or goggles when using cleaners.
- **Machine Dangers:** Pay close attention near sharp tools and machinery.
- **Distracted Work:** Stay off your phone while handling work tasks.

PREVENT ACCIDENTS EARLY

- Always wear non-slip shoes and safety equipment.
- Clean up spills right away and clear walk paths.
- Stick strictly to safety rules from your supervisor.
- Tell a manager immediately about broken gear or dangers.
- Rest on your scheduled breaks so fatigue doesn't cause mistakes.



EMERGENCY PROCEDURES

- **Know the Exits:** Locate fire exits, first-aid kits, and extinguishers.
- **Learn Evacuation Plans:** Know your building's exit routes and meetup spots.
- **Stay Calm:** Follow supervisor instructions quickly during an emergency.
- **Report Injuries:** Tell your boss right away if you get hurt on the job.

WORKPLACE SAFETY CHECKLIST

- ☒ **Gear Check:** Put on non-slip shoes and required safety gear before starting.
- ☒ **Locate First Aid:** Find where the workplace first-aid kit is stored.
- ☒ **Ask Questions:** Talk to your supervisor if you feel unsafe using any equipment.
- ☒ **Save Contacts:** Keep your supervisor's phone number saved in your phone.



2026-2027

The Sutter County One Stop is a proud partner of America's Job Center of California network.

A Big Thanks To Our Work Experience Partners!

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New Earth Market
Papa Murphy's Take N' Bake
Rym's Bobba & Rolls
Straw Hat Pizza

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Tractor Supply Co.
Walgreens (855 Colusa Ave)
Walgreens (Plumas Lake)
Wing Zone
Yuba City High School

**Employers that partner with us to provide valuable work experience opportunities for our youth.*



Equal Opportunity Employer/Program.
Auxiliary aids & services are available upon request to individuals with disabilities.