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Educate & Empower Young Workers in Alaska

Did you know that for many young Alaskans, starting a job could come with a deadly risk?

Good work should be safe and support well-being. Yet, a recent study reveals a startling reality: Alaskan young workers (ages 15–24) face the second highest work-related fatality rate in the nation, with thousands suffering injuries every year.* This data is a call to action for better protections and awareness in the workplace.

*Evoy R, et al. BMC Public Health, 2023; 23:57.

Most Common Cause of Injuries

- Struck by object or equipment
- Overexertion—pushing body to do things beyond healthy limits
- Forcible contact or impact against object, tool, or equipment

Job Sectors with Most Injuries

- Commercial Fishing
- Food Processing
- Retail Sales
- Material Moving
- Construction
- Healthcare
- Food Service Industry/Cooking

Most Common, Serious or Lost- Time Injuries

- Sprains, strains, tears
- Bruises/contusions
- Fractures
- Lacerations/Punctures/Amputations

How can we prevent young worker fatality and injury?

Ensure young workers understand their right to be safe at work.

Employers

- Follow health, safety, and State and Federal labor laws.
- Review workplace plans to prevent injury and illness.
- Supervise young and inexperienced workers closely.
- Deliver job-specific training.
- Ensure workers understand how to use appropriate safety equipment.
- Empower young workers to voice their concerns.

Parents

- Learn about State and Federal labor laws.
- Talk to your children about workplace safety and their right to a safe workplace.

Educators

- Incorporate school-based work curriculum in course work.
- Provide all students with resources on health, safety, and workers rights.
- Provide resources and training to students on hazard identification.

Together we can protect young workers in Alaska!



Contact Us

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