

STEP UP YOUR SAFETY

For Youth

Employer Overview

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It was a small step I took that changed my life and I know it's a big leap to adopt a new program - even knowing that it has the potential to shift attitudes, develop workplace self-advocacy and survival skills and as a result, ... prevent injuries.



Preparing the Next Generation for Safer Workplaces

Step Up Your Safety for Youth is an e-learning safety program designed specifically for young people entering the workforce. Created by Candace Carnahan, a global safety advocate who lost her leg in a preventable workplace incident at age 21, this program brings lived experience, emotional connection, and critical knowledge to today's young workers.

Over the past two decades, Candace has dedicated her life to empowering youth to speak up, recognize risks, and become strong advocates for their own safety and the safety of others. This program meets students where they are: in high school classrooms, co-op placements, job-readiness courses, workplaces, and beyond.

What Employers Need to Know

Step Up Your Safety for Youth helps bridge the gap between school and the working world by teaching youth their legal rights, safety responsibilities, and how to confidently advocate for themselves. Delivered through four video-based modules (43 minutes total), the program is easy to integrate into existing onboarding and training and helps cultivate safer, more self-aware entry-level workers.

It is not a replacement for job-specific training.

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Video Series Overview

Module	Title	Themes
1	<i>My Story</i>	Young worker risk, injury can happen to anyone, introduction to worker rights and safety roles
2	<i>Workplace Safety</i>	Preventable injuries, self-advocacy, legal rights, being a responsible worker
3	<i>Emotional & Psychological Safety</i>	Instincts, mental health, confidence, navigating power dynamics
4	<i>Resilience & Courage to Care</i>	Personal responsibility, speaking up, making a difference, supporting others



Learning Outcomes

By the end of the program, students will be able to:

- Identify common risks and rights in the workplace
- Recognize the importance of mental and emotional safety
- Practice self-advocacy and confident decision-making
- Understand power dynamics and strategies to manage them
- Make a personal pledge to act with courage, care, and responsibility

For employers, this means more aware, better prepared young workers entering your teams – and a stronger culture of safety from the ground up.

To learn more or bring Step Up Your Safety to your organization, contact: info@candacecarnahan.com or visit www.stepupyoursafety.com

**STEP UP
YOUR SAFETY**