



Health and Safety Plan

Job Skill Demonstration

SECONDARY



1 INTRODUCTION

Competitors must follow the current health and safety standards of the Province of Ontario <https://www.ontario.ca/page/occupational-health-and-safety-act-ohsa> ensuring that all health and safety requirements are in compliance for their demonstration in 2026. All competitors are encouraged to discuss safety considerations throughout their demonstration.

Competitors must provide a detailed Health and Safety Plan with a description of the demonstration, along with internet links to Safety Data Sheet (SDS) if applicable. Competitors must identify the skills being demonstrated and their connection to the specific contest area (see section 2.2).

For information on Safety Data Sheets, please see
https://www.ccohs.ca/oshanswers/chemicals/whmis_ghs/sds.html

This version of the safety plan is for reference only **submission of Safety Plans must be made via the Google form <https://forms.gle/4AF7PUqbmQGf7s996> by Friday, May 15, 2026.**

Any questions can be sent to jobskillsdemo84@gmail.com. Competitors will not be allowed to compete unless they have submitted a Safety Plan.

Email of Competitor:

Name of Competitor:

Name of Province or Territory Represented:

Email of Competitor:

Name of Teacher/ Mentor:

Email of Teacher/ Mentor:

Phone Number of Teacher/ Mentor:

Contest Area Represented (see Section 2.2 of the contest description):

- ☐ 01 Industrial Mechanics
- ☐ 03 Precision Machining
- ☐ 04 Mechatronics
- ☐ 05 Mechanical Engineering CAD



- ☐ 06 CNC Machining
- ☐ 08 IT Office Software Applications
- ☐ 10 Welding
- ☐ 13 Autobody Repair
- ☐ 14 Aerospace Technology
- ☐ 15 Plumbing
- ☐ 16 Electronics
- ☐ 17 Web Technologies
- ☐ 18 Electrical Installations
- ☐ 19 Industrial Control
- ☐ 20 Bricklaying
- ☐ 23 Mobile Robotics
- ☐ 24 Cabinetmaking
- ☐ 26 Carpentry
- ☐ 29 Hairstyling
- ☐ 30 Aesthetics
- ☐ 31 Fashion Technology
- ☐ 32 Baking
- ☐ 33 Automobile Technology
- ☐ 34 Cooking
- ☐ 36 Car Painting
- ☐ 37 Landscape Gardening
- ☐ 38 Refrigeration and Air Conditioning
- ☐ 39 IT Network Systems Administration
- ☐ 40 Graphic Design Technology
- ☐ 43 Sheet Metal Work
- ☐ 49 Heavy Vehicle Technology
- ☐ 50 3D Digital Game Art
- ☐ 52 Architectural Technology & Design
- ☐ 53 Outdoor Power and Recreation Equipment
- ☐ 54 Photography
- ☐ 55 Sprinkler Fitter
- ☐ 81 Steamfitter/Pipefitter
- ☐ 82 Video Production
- ☐ 83 Job Search
- ☐ 85 Public Speaking
- ☐ 87 3D Character Computer Animation
- ☐ 88 2D Character Computer Animation



- ☐ 92 Workplace Safety
- ☐ D1 Cloud Computing
- ☐ Other approved Provincial/Territorial Contest Area

If you chose '*Other approved Provincial/Territorial Contest Area*' above please specify contest area name below:

Skill Being Demonstrated (**See Section 3.3 of the contest description**):

Provide a Detailed Description of Demonstration:

Considerations

How have you planned your demonstration within the Health and Safety guidelines for the Province of Ontario?

Fires

Will there be potential for fires? ____ Yes ____ No

If yes, please explain including ways to minimize the risk.

Will there be flammable substances used in your demonstration? ____ Yes ____ No



If yes, please explain how they will be used and controlled.

Are you planning to carry out hotwork, i.e. welding, grinding, etc. in your demonstration?

☐ Yes ☐ No

If yes, please explain.

Slips and Trips

Will your work be designed to minimize slips and trips? ☐ Yes ☐ No

If yes, please explain.

Are there arrangements to clean up spills? ☐ Yes ☐ No

Will the competitors, models or assistants be wearing appropriate footwear? ☐ Yes
☐ No

Ergonomics

Are there any ergonomic considerations? ☐ Yes ☐ No

If yes, please explain.

Biological

Are there considerations around sanitation and/or cross contamination? ☐ Yes
☐ No

If yes, please explain.

PPE and Hazards

Will any activities require competitors, models or assistants to wear personal protective equipment? ☐ Yes ☐ No



If yes, please explain the personal protective equipment required.

If yes, will there be adequate personal protective equipment available?

____ Yes ____ No ____ N/A

Have any hazardous substances been identified in your demonstration? ____ Yes
____ No

If yes, please provide the name and internet links to Safety Data Sheets for any hazardous substances identified.

Will suitable measures be in place for the handling of hazardous substances? ____ Yes
____ No

If yes, please explain.

Check any of the following that will be included in your demonstration:

- ☐ Electrical equipment or power supply
- ☐ Overhead hazards
- ☐ Airborne contaminants (i.e. dust, fumes, or vapors)
- ☐ N/A

If you checked any of these options what is your plan for minimizing risk?

Are there any other safety equipment, materials, or clothing required (not included in Section 4.1 of the contest description) for your demonstration?

If yes, please list.

If yes, will you be bringing these items with you? ____ Yes ____ No

Are there other health and/or safety risks in your demonstration that may not have been covered in this document? ____ Yes ____ No



If yes, please explain.

Do you have Safety Data Sheet/s (SDS) to accompany your Health and Safety Plan? ____ Yes ____ No

If yes, please list.



PROBLEM SOLVING



WRITING