

Working in Estonia – go home unharmed!



Instruction and training

Every new employee needs instruction and training. The instruction of employees must be carried out on the basis of written guidelines and in a language they understand.

After theoretical instruction, an experienced employee will teach the new employee the safe working techniques in practice.



Working clothing and personal protective equipment

If the employee's work is, for example, dusty or dirty, their employer must provide them with working clothing and organise its washing at their own expense.

If the employee's work involves hazards, such as working in a noisy environment, their employer must provide them with personal protective equipment (e.g. protective earmuffs) at their own expense.



Medical examination by an occupational health doctor

If the work may be harmful to the employee's health (noise, physical work, etc.), their employer must arrange a medical examination by an occupational health doctor at their own expense and during working hours.

A medical examination must be carried out within four months from the start of employment.

If the employer organises a medical examination, the employee must go and get examined.



Breaks

Employees are entitled to breaks, which are included in the working time, i.e. they are paid.

Employees must have a place where they can sit during breaks.



Occupational accidents

If you have had an accident at work, make sure you tell the doctor that you were injured while working. Notify your employer of the accident as well.