

What's Happening at YERC

February

So you wanna be a
Treeplanter?!



Wednesday February 11th ~ 2 pm

March

So you wanna travel Canada with
Katimavik?

Wednesday March 4th ~ 4 pm

FREE!



Tuesday March 17th 9:00 am—4 pm

YERC is Launching.....

**JOB READINESS WITH SERVING IT RIGHT
Certification!**

Space is limited, so come down and pick up an
application form,

Applications due by March 5th!

Questions? Contact Katt
workshops@yerc.ca

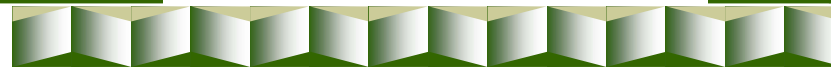
* Can't make the March date?

YERC will be offering this
certification program again in
May and July...



**Watch for Job Readiness with Foodsafe
Certification coming in April!**

Meet the YERC Team



Maibrit Sorensen Coordinator

Maibrit is a born and raised Kootenay girl, with a back-
ground in hospitality, business, and post-secondary
schooling (being a professional student). Maibrit's
expertise is resume critiquing and cover letter writing
with a minor in unique job search ideas and
post secondary questions!

Ness Benamran Employment Facilitator

Ness comes to us from Cyprus, and brings his
knowledge of traveling, hospitality and construction.
Ness excels in one-on-one resume writing assistance,
he has a way with words that can articulate any position!
Ness is the casual job connection, he's the one to fulfill
your needs!

Katt Britton Outreach and Workshop Employment
Facilitator

Katt is an official Kootenay girl having lived here 11
years! Katt's experience is wide ranging from Sled-Dog
tourer, Organic Farmer, Pilates Instructor, and Youth
Skills Link Facilitator. Katt has many years experience
facilitating workshops in particular employment based
ones...which are always informative and fun!

HOURS OF OPERATION

Monday	9 am– 4:30 pm
Tuesday	9 am– 4:30 pm
Wednesday	10 am– 4:30 pm
Thursday	9 am– 4:30 pm
Friday	9 am– 4:30 pm

* can't make it in during these hours? Call YERC to set up an
afterhours appointment!

YOUTH EMPLOYMENT RESOURCE CENTRE



WORKS!

NEWS

**Assisting Youth aged 15-30 in all their
employment needs!**



INSIDE THIS ISSUE:

What's happening at YERC

Casual Work

How we can HELP!

Unique Summer Job Opportunities

Health and Safety- *Ergonomics*

Meet the Staff

Upcoming Workshops and Certifications

Located Upstairs in NDYC

608 Lake St. ♦ Nelson, BC ♦ V1L 4C8
250-352-5656

www.yerc.ca



Casual Work

The **Casual Job Program** is a year-round initiative aimed at connecting people from the community with youth that are available for odd jobs—around the house or business.

Sign Up Now!

**Every Tuesday + Thursday
11am**



HOW YERC CAN HELP YOU!

Services for Youth

Resume Writing Assistance & Software

Job Search Assistance

Access to computers, internet fax, phone, photocopies

Casual Job & Job Lead Program

Workshops

Phone Messaging Service

Community Employment and Support Services Referrals

Services for Employers:

Job Posting Service

Casual Job Program

Community Employment Referrals

Unique Summer Job Opportunities!

Students!!

Want to try something new this summer?

Check out :

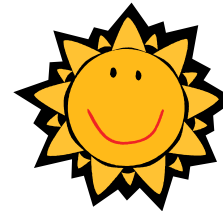
Service Canada has lots of different job opportunities with the Federal Student Work Experience Program!

Qualification:

You are a post secondary or grade 12 student and plan on returning to school in the fall.

Jobs Available:

- ~Parks Canada
- ~Service Canada Centres for Youth
- ~Student Border Services Officer
- ~Boating Safety
- ~Summer Guide – in France
- ~Summer Guide - Rideau Hall (Ottawa)



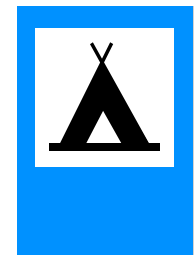
How to Apply:

www.yerc.ca

Has the link under Recent News in the homepage to apply for all of these opportunities!!

Other Seasonal Opportunities.....Ever thought of:

- Golf Courses
- Back country hiking Lodge
- Treeplanting
- Fruit picking in the Okanagan
- A Dude Ranch
- Fishing Lodge
- Summer Camps



Ergonomics in the Workplace

Ergonomics \[er-gə-nä-miks\]:

The scientific study of equipment design, as in office furniture or transportation seating, for the purpose of improving efficiency, comfort, or safety.

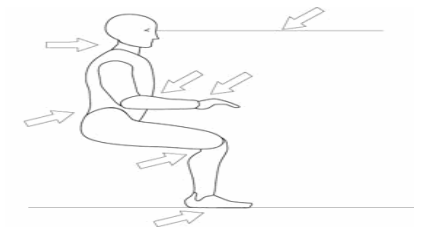
So what is it?

Ergonomic analysis involves applying three main principles:

Force Repetition Posture

Each of these factors alone poses a risk of injury. However, it is the interaction between all three factors that poses the greatest risk of injury.

Therefore, by optimizing posture, controlling repetition rate, and minimizing force for most tasks you can minimize the risk of injury and enhance your task performance.



Some tips:

- Your monitor should be placed 45-61 cm from your eyes.
- The monitor is at the correct height when our neck is in its neutral posture.
- Our relaxed line of sight is about 10 to 15 degrees below horizontal.
- There are three natural curves in our backs. Our back is in its neutral position when all three curves are present.