

## Examples of health problems from work include:

- ◆ Injury from an accident
- ◆ Pain caused by doing the same movements
- ◆ Mental stress caused by being harassed
- ◆ Allergic reactions to products

## If you get hurt or become ill at work, you have the right to claim WSIB, even if...

- ◆ You think the injury or illness is your fault
- ◆ You worked for cash at the time of injury
- ◆ You worked through a temp agency
- ◆ Your status in Canada is temporary or uncertain

## Most workers in Ontario are automatically covered by the WSIB

With WSIB support, you can get:

- ◆ 85% of your salary, after taxes, at the job you were doing when you got hurt
- ◆ Health care not covered by OHIP, like medication, physical therapy, and more
- ◆ Transportation to go to medical appointments
- ◆ Help with changes to your job that allow you to return to work
- ◆ Help with preparing for and finding a new job, if needed

If you are struggling with understanding the WSIB, or need help completing forms, here are some organizations that can help:

Occupational Health Clinics for Ontario Workers (OHCOW):  
1-877-817-0336 (Toll-free)  
<https://www.ohcow.on.ca/>

Workers' Health and Safety Legal Clinic:  
1-877-832-6090  
<http://workers-safety.ca/>

Injured Workers Community Legal Clinic (IWC):  
416-461-2411  
<https://www.injuredworkersonline.org/>

Industrial Accident Victims Group (IAVGO):  
416-924-6477  
<https://iavgo.org/>

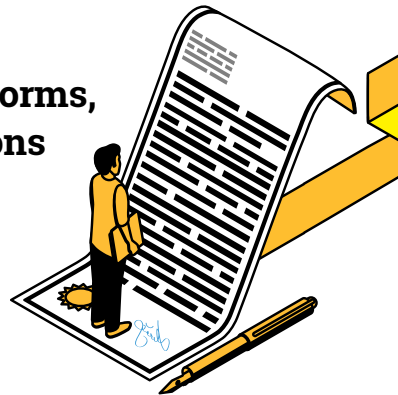
Community Legal Education Ontario (CLEO)  
<https://stepstojustice.ca/legal-topic/health-and-disability/workplace-injury>

Office of the Worker Adviser (OWA):  
1-800-435-8980  
<http://www.owa.gov.on.ca/en/Pages/default.aspx>

School of Labour Studies |  McMaster University

This printable pamphlet is available in 7 languages:  
<http://hdl.handle.net/11375/25326>

**PRINTING INSTRUCTIONS:** Print this PDF double-sided on a legal-sized sheet (8.5" x 14")  
Fold the brochure along the dotted lines on the other side of this sheet.  
Fold in from the right side first, and then fold in the left side. After folding, the blue panel will appear as the cover, and this panel will appear as the back cover.



# WHAT TO DO IF YOU GET INJURED OR ILL FROM WORK



## What to do if you get injured or ill from work?

- ◆ Seek medical attention right away and tell your supervisor what happened. If you continue working and delay care, your health could get worse and your claim could be delayed or denied.
- ◆ Tell your doctor about your work and how you got hurt or became ill. Your doctor should complete a WSIB Form 8. If the doctor does not seem supportive, go to your nearest hospital emergency department or see another doctor immediately.
- ◆ If your employer is pressuring you to go back to work, speak to your doctor to make sure it is safe to do so.
- ◆ File a WSIB claim by filling out Form 6: [https://eservices.wsib.on.ca/portal/server.pt/community/eform\\_6/209](https://eservices.wsib.on.ca/portal/server.pt/community/eform_6/209). You should send in this form as soon as possible, even if you think it is too late. Your claim can also be started by your doctor (Form 8) or your employer (Form 7).
- ◆ If you need help completing Form 6, call the WSIB at 416-344-1000. They can help you fill out the form over the phone, with the help of an interpreter if you need it. You can complete Form 6 or write letters to the WSIB in your own language. The WSIB will translate them into English.
- ◆ File your claim even if your employer or someone else tells you not to do so, or tells you to apply for another type of insurance instead (e.g. EI).
- ◆ Sign documents ONLY if you understand what you are agreeing to by signing.
- ◆ If you are not sure about something, say you don't know or understand, or do not answer.
- ◆ Get advice (see list of resources at the end). Do not take advice from people who are not experts.

- ◆ Make notes and keep copies of all information about your case (medical documents, pictures, etc.).
- ◆ Send all requested forms and documents to the WSIB.
- ◆ If your claim is denied, you have the right to disagree. To show you disagree, follow the steps in the letter from the WSIB telling you it has denied your claim. Act quickly if you disagree. There are time limits.
- ◆ If your claim is accepted, cooperate with the WSIB, and follow the rules and the steps outlined in your plan. For example, if you are asked to return to work, you will need to try, even if you feel that you are not ready.
- ◆ Tell the WSIB if you have any concerns. Do not stop following your plan. If you do, you may lose your benefits.

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**The WSIB has free professional interpreters for phone calls and meetings. You can also ask for letters to be translated in your language. The WSIB is very complicated. Work with a professional interpreter, instead of a family member or friend.**

**For more information, call the WSIB at (416) 344-1000. Press 1 for English and then press 1 for workers. Wait to speak to someone and ask for an interpreter.**

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## How to get information in your language

Information can be found on the WSIB website: <https://www.wsib.ca/en>. Instructions on how to translate the website in different languages can be found here: <https://www.wsib.ca/en/other-languages>

In addition, a WSIB guide on benefits and services for workers is available here in 10 languages (at the bottom of the page): <https://www.wsib.ca/en/injured-or-ill-people/resources-injured-or-ill-people/your-guide-benefits-services-and#benefits>

Translation software such as Google Translate (<https://translate.google.com/>) may be helpful to translate emailed letters and documents such as return-to-work plans.

However, please be aware that software may not translate correctly. If you do not have a computer or internet access, visit a public library. It will have computers with internet access that you can use for free.

