

Prevention Through Intervention

Occupational Health Clinics for Ontario Workers are dedicated to the identification and prevention of work-related injuries and illnesses. This includes musculoskeletal disorders, cancer and other diseases from workplace exposures and stress-related illnesses.

OHCOW provides medical, hygiene, ergonomic and health assessments for Ontario workers and workplaces. Staffed by an inter-disciplinary team of nurses, hygienists, ergonomists, coordinators and contracted physicians, each OHCOW clinic provides comprehensive occupational health services and information.

OHCOW is governed by a volunteer Board of Directors. At the local level each of the seven clinics has a volunteer Local Advisory Committee.

Education plays a central role in OHCOW's prevention activities. Workshops and presentations tailored to specific workplace issues may be developed and delivered.

At the core of each clinic are dedicated staff trained in occupational health, who are available to provide expert analysis for a full range of work-related illnesses.



Occupational
Health Clinics
for Ontario
Workers Inc.

Centres de
santé des
travailleurs (ses)
de l'Ontario Inc.

Toll-Free 1.877.817.0336

Eastern Region

Ottawa

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South Western Region

Sarnia

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Northern Region

Sudbury

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Central Region

Toronto

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Provincial Office

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South Central Region

Hamilton

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South Western Region

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Central Region

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OHCOW Service Areas



Who We Are

Throughout the 1970's and 1980's workers in Ontario became increasingly aware of the toll of injury and disease caused by dangerous and unhealthy working conditions.

A groundswell of opinion demanded more effective diagnosis of work-related health problems and effective prevention strategies.

OHCOW was established in 1989 by the Ontario Federation of Labour (OFL) and is funded through the Ministry of Labour (MOL). The first clinic opened in 1989 in Hamilton, with subsequent clinics opened in Toronto, Windsor, Sudbury, Sarnia, Thunder Bay and Ottawa.

OHCOW Provides Five Types of Services

- ✓ **Medical diagnostic review** for workers who may have work-related health problems
- ✓ **Group service** for joint health and safety committees and groups to deal with workplace conditions that affect more than one worker
- ✓ **Inquiry service** to answer questions about exposures and possible workplace hazards
- ✓ **Outreach and education** to generate public awareness about health and safety issues
- ✓ **Research service** to investigate and report on illnesses and injuries to improve working conditions

Free Services Offered to...

- ✓ Workers, Unions, Employers, Students
- ✓ Joint Health & Safety Committees and Representatives
- ✓ Health Professionals, Legal Clinics
- ✓ Community Groups, General Public



OHCOW Can Help If...

- ✓ You think something about your work is putting you or your co-workers' health at risk
- ✓ You need occupational health and safety information
- ✓ Several people at your workplace have similar health problems
- ✓ Your Joint Health and Safety Committee has found a problem and needs help resolving it

