

# Prevention Through Intervention



Occupational  
Health Clinics  
for Ontario  
Workers Inc.

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



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**Toll-Free 1.877.817.0336**

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.

#### Eastern Region

##### Ottawa

1545 Carling Avenue, Suite 110,  
Ottawa, Ontario K1Z 8P9  
Tel: 613.725.6999  
Fax: 613.725.1719  
Email: ottawa@ohcow.on.ca

#### South Central Region

##### Hamilton

848 Main Street East  
Hamilton, Ontario L8M 1L9  
Tel: 905.549.2552  
Fax: 905.549.7993  
Email: hamilton@ohcow.on.ca

#### South Western Region

##### Sarnia

171 Kendall Street  
Point Edward, Ontario N7V 4G6  
Tel: 519.337.4627  
Fax: 519.337.9442  
Email: sarnia@ohcow.on.ca

#### South Western Region

##### Windsor

3129 Marentette Avenue, Unit 1  
Windsor, Ontario N8X 4G1  
Tel: 519.973.4800  
Fax: 519.973.1906  
Email: windsor@ohcow.on.ca

#### Northern Region

##### Sudbury

84 Cedar Street, 2nd Floor  
Sudbury, Ontario P3E 1A5  
Tel: 705.523.2330  
Fax: 705.523.2606  
Email: sudbury@ohcow.on.ca

#### North Western Region

##### Thunder Bay

1151 Barton Street, Suite 103B  
Thunder Bay, Ontario P7B 5N3  
Tel: 807.623.3566  
Fax: 807.622.5847  
Email: thunderbay@ohcow.on.ca

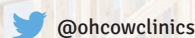
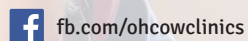
#### Central Region

##### Toronto

970 Lawrence Ave. West,  
Suite 110, Toronto, ON, M6A 3B6  
Tel: 416.449.0009  
Fax: 416.449.7772  
Email: toronto@ohcow.on.ca

#### Provincial Office

1090 Don Mills Road, Suite 606  
Toronto, ON, M3C 3R6  
Tel: 416.510.8713  
Fax: 416.443.9132  
Email: ask@ohcow.on.ca



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**ohcow.on.ca**  
**ask@ohcow.on.ca**  
**1.877.817.0336**



## 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

