

# Employers and Supervisors Must Protect Your Health and Safety

It is illegal for them to **punish, fire or retaliate** against you in any way, if you:



Speak  
up



Participate  
in job health and  
safety activities



Refuse  
dangerous  
work





**If you think this has happened to you,  
or you're worried it might, get help from:**

## **Local Legal Aid Clinic**

Find the nearest one:

**1-800-668-8258**

Ask to speak to someone in your language

[www.legalaid.on.ca/legal-clinics/](http://www.legalaid.on.ca/legal-clinics/)

---

**Community Groups** can help too:

---

---

---

## **Occupational Health Clinics for Ontario Workers (OHCOW)**

Text, WhatsApp or Call:

**1-289-684-2821**



Follow us on Facebook  
**ohcow ag-program**

eMail: [mfw@ohcow.on.ca](mailto:mfw@ohcow.on.ca)  
[www.ohcow.on.ca](http://www.ohcow.on.ca)