



OH COW

Occupational Health Clinics
for Ontario Workers Inc.

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

Here's how to get help





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/

Community Groups can help too:



OHCO

Occupational Health Clinics
for Ontario Workers Inc.

Provincial eMail: mfw@ohcow.on.ca

Website: www.ohcow.on.ca