

**Are you here on a work visa? A temporary foreign worker? Want to learn more about health and safety at work?**



**Estás aquí con visa de trabajo? ¿Trabajador(a) extranjero temporal? ¿Está usted interesado en aprender sobre la salud y seguridad en su trabajo?**

**We can help. We offer:**

**Free Workshops and information** about topics, including:

- How to protect yourself from hazards, injuries, and illness at work (like aches and pains, heat stress, eye health)
- An orientation to health and safety requirements on the job and protections for workers in Ontario

**Free Health and safety resources** including: safety glasses, respirators, air purifiers for shared enclosed spaces (at work or in shared worker housing)

Workshops and information are available in the location of your choice and in multiple languages.

**¡Podemos ayudar! Ofrecemos:**

**Gratis Talleres e información** sobre varios temas, incluyendo:

- Cómo protegerse de los peligros, lesiones y enfermedades en el trabajo (como lesiones musculares y de las articulaciones, químicos, estrés de calor y salud de ojos)
- Orientación sobre los requisitos de salud y seguridad en el trabajo y protecciones para los trabajadores en Ontario.

**Gratis Recursos de salud y seguridad**, como lentes de seguridad, mascarillas, purificadores de aire para espacios cerrados (lugares de trabajo o casas compartidas para trabajadores)

Nuestros talleres y recursos de información están disponibles en varios idiomas y en el lugar que usted elija.

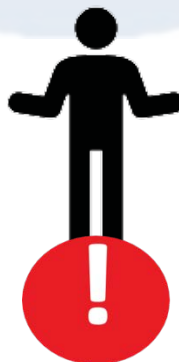


**OHCO**

Occupational Health Clinics  
for Ontario Workers Inc.

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

Clinicas de Salud Ocupacional  
para Trabajadores de Ontario Inc.



**If interested |**

**Si te interesa, contáctanos**

English/other languages: Dorothy  
([dwigmore@ohcow.on.ca](mailto:dwigmore@ohcow.on.ca))

Spanish: Elvira ([ecruz@ohcow.on.ca](mailto:ecruz@ohcow.on.ca))  
o Manuel ([mcorrea@ohcow.on.ca](mailto:mcorrea@ohcow.on.ca))

**Are you here on a work visa? A temporary foreign worker?**



**Naka-work visa ka ba rito? Isang temporary foreign worker?**

**Want to learn more about health and safety at work?**



**Gusto mo bang matuto ng tungkol sa kalusugan at kaligtasan sa trabaho?**

**We can help. We offer:**

**Free** Workshops and information about topics, including:

- How to protect yourself from hazards, injuries, and illness at work (like aches and pains, heat stress, eye health)
- An orientation to health and safety requirements on the job and protections for workers in Ontario

**Free** Health and safety resources including: safety glasses, respirators, air purifiers for shared enclosed spaces (at work or in shared worker housing)


**Makakatulong kami. Nagbibigay kami ng:**  
**Libre** Na mga workshop at impormasyon tungkol sa mga paksang gaya ng:

- Paano mapoprotektahan ang sarili sa mga panganib o hazard, kapahamakan, at sakit o karamdaman mula sa trabaho (tulad ng pananakit ng katawan, stress mula sa init, at kalusugan sa mata)
- Oryentasyon sa mga pangangailangan sa kalusugan at kaligtasan habang nasa trabaho at mga proteksyon para sa manggagawa sa Ontario

**Libre** Na mga kagamitang pangkalusugan at pangkaligtasan, kabilang ang: mga safety glasses, respirator, air purifier para sa saradong espasyo (sa trabaho o sa pabahay para sa manggagawa)

Workshops and information are available in the location of your choice and in multiple languages.

Ang mga workshop at impormasyon ay maaaring ibigay sa iyong napiling lokasyon at nasa iba't-ibang lenggwahe.

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



**If interested | Kung interesado**

Mag-e-mail kay  
Dorothy ([dwigmore@ohcow.on.ca](mailto:dwigmore@ohcow.on.ca))

Mga Pangkalusugang Klinika sa Trabaho  
Para sa Mga Manggagawa sa Ontario, Ink.

(May maaaring mag-translate para sa mga nagsasalita ng Tagalog.)