

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.

OHCOW
Occupational Health Clinics
for Ontario Workers Inc.
Centres de santé des
travailleurs (ses) de l'Ontario Inc.

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

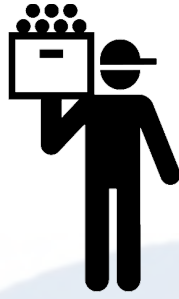
If interested | Kung interesado

Mag-e-mail kay
Sara: scastano@ohcow.on.ca

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

**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?**

¡Podemos ayudar! Ofrecemos:

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)
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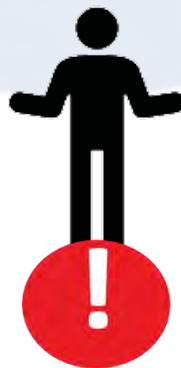
Gratis Talleres e información sobre varios temas, incluyendo:

- 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)

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

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



**If interested |
Si te interesa, contáctanos**

English - Dorothy:

dwigmore@ohcow.on.ca

English/Español - Sara: scastano@ohcow.on.ca



OHCO

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for Ontario Workers Inc.

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travailleurs (ses) de l'Ontario Inc.

Clinicas de Salud Ocupacional
para Trabajadores de Ontario Inc.