Worker's Compensation in Ontario (WSIB)

Getting Benefits

WSIB benefits include payments for lost wages and health care. Loss of earnings benefits are paid if you lose time from work because of a work injury or illness. If you disagree with a decision, or if you are unsure, you should object within the time limit. There will be a time limit noted on each WSIB decision letter.

It can take a long time to have your claim approved. Appeals can take even longer. You can apply for other sources of income while you wait.

Other Sources of Income

You may be able to get long term disability, short term disability, EI sick benefits, OW, ODSP, or CPP-D.

Cooperate with the WSIB

It is important to do what WSIB tells you to do. Go to all appointments and meetings that WSIB asks you to attend, including with doctors, at the WSIB, or in the workplace.

Cooperate with your employer

As long as it is safe for you, you should try to do the work that your employer offers you. Tell the WSIB and your employer if you have special needs (accommodations). If you cannot do the work, go see your doctor. If you are not able to work, stay in contact with your employer.

Other Tips

- It is a good idea to object to (appeal) all WSIB decisions within the time limit.
- Getting treatment: you can choose your doctor, but you should attend any appointments WSIB asks you to attend.
- If your employer has light work for you, try to do it, as long as it is safe to do so. Keep track and report any problems in doing the work.
- See your doctor often. Be honest and tell your doctor the complete story. Tell your doctor about your work duties and any lighter work offered by your employer.
- Keep a diary or notes of all your appointments, calls, and meetings with your employer and health providers.
- You need to report any "material change" in your life to WSIB. This includes a change in your health or work. If you are not sure, call WSIB.

Free help is available from:

- your union
- Office of the Worker Adviser:
  English (800) 435-8980 French (800) 661-6365
- Community Legal Clinics:
  Contact Legal Aid Ontario for information at (800) 668-8258