

LOBBY KIT

BILL 105

A guide for injured workers, their families, and allies
Summer 2026

**INJURED
AT WORK &
ON PROBATION
FOR LIFE**

#MakeBill105Fair

Published by the Ontario Network of Injured Workers Groups
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1. Overview & How to Use This Kit

Ontario has introduced a bill (proposed law) that would strip away a key protection for permanently injured workers and make other important changes to the workers' compensation system. This kit gives you what you need to push back — with your MPP (elected representative), in your community, and in the media. You don't need to be a policy expert. You are the expert on your own experience, and your voice matters.

What is Bill 105?

Bill 105, the *Protecting Ontario's Workers and Economic Resilience Act, 2026*, is a large bill covering many topics. The part we are concerned with is **Schedule 9**, which would make changes to the *Workplace Safety and Insurance Act, 1997* — the law governing workers' compensation (the WSIB).

Some of the proposed changes are positive, such as restoring the Loss of Earnings (LOE) benefit rate to 90% (up from 85%) and allowing some workers to claim benefits past age 65. But other changes would seriously harm the most vulnerable injured workers.

Bill 105 would **eliminate the 72-month "lock-in"** that currently protects LOE benefits from being cut six years after an injury. This change would mean permanently injured workers could face endless reviews, surveillance, and shrinking income.

Bill 105 would also allow the WSIB to **reduce LOE payments for workers who receive other social benefits** (such as the child benefit or a pension) so that injured workers never receive more than their earnings at the time of their injury, even if decades have passed. This change will lead to more injured workers struggling to make ends meet.

Where the Bill stands — and why now matters

As of July 2026, Bill 105 has passed second reading. A bill needs to pass three readings to be made into law. The Standing Committee on Finance and Economic Affairs heard submissions from injured workers and advocates in May, but no changes were made. The Bill was not put to a vote for third reading before the legislature broke off for the summer.

Third reading is expected to happen when the legislature returns on October 27, 2026. This is why the summer matters: bills are not usually amended (changed) at third reading. Making changes would require an MPP (Member of Provincial Parliament — our elected representatives) to call a vote on sending it back to committee for amendment.

We need MPPs to hear the message loud and clear from their own constituents during the summer break that injured workers do not want Bill 105 passed as is.

What we're asking for

Bill 105 should not be passed in its present form. Schedule 9 must be amended, or reintroduced with changes. Removing the lock-in is too high a price to pay for the more positive changes.

Keep the ask simple:

- **Do not pass Bill 105 at third reading as written. It must be changed.**
- **The 72-month lock-in must remain.**
- **The faults of Bill 105 presented to the Standing Committee must be addressed.**

About this lobby kit

This kit is intended as a toolbox. Use what works for you and say it in your own words. Your personal story is the most powerful tool you have, so lead with it whenever you can.

What's inside

- **Summary of proposed changes** — a one-page chart of the proposed changes and what we want instead, plus real-life examples.
- **Elevator pitch** — a “script” for very short conversations: the time it would take for a short elevator ride. The idea is to make the point quickly and simply.
- **Battle card** — quick responses to common objections and counterpoints.
- **Bringing it to your MPP** — how to find and contact your MPP, sample phone and email scripts, meeting tips, and a sample meeting script.
- **Bringing it to the public** — ideas for reaching people over the summer, including MPP picnics, leafletting, and presentations.
- **Bringing it to the media** — letters to the editor, call-in shows, social media, hashtags, logos, and factsheets.

2. Summary of Proposed Changes

The table below summarizes the main changes Bill 105 (Schedule 9) would make to Ontario's workers' compensation system, and what injured workers are asking for instead.

Area of Law	Current Law	Proposed Changes Under Bill 105	What We Want
Eliminating the 72-Month "Lock-In" of benefits	72 months (six years) after the date of injury, an injured worker's loss of earnings benefits are permanently "locked-in," meaning they cannot be reduced.	Bill 105 eliminates the lock-in for all future injured workers and any injured workers whose benefits are not locked in when the Bill comes into effect.	Keep the existing lock-in provisions so that injured workers aren't subject to endless reviews and uncertainty.
Deducting other benefits from Loss of Earnings to cap benefits	Only employment earnings or CPP-D payments received before lock-in reduce Loss of Earnings (LOE) payments.	Bill 105 allows LOE payments to be reduced to account for other government or employer benefits, so that benefits never exceed pre-injury earnings (with minor inflation adjustments), even decades later.	Keep the existing rules, which do not allow other benefits to affect LOE payments.
Benefits Past Age 65	LOE payments automatically stop at age 65 (or 2 years after injury if aged 63+ when injured).	Bill 105 allows the WSIB to extend LOE benefits past 65 if the injured worker can prove to the WSIB that they would have continued working past age 65 if not for their injury. The worker must initiate the request; details will be set out in future WSIB policy.	Increase the base retirement age to 70 (or 5 years after injury/recurrence) and make it retroactive to at least 2006, when mandatory retirement became illegal.
Loss of Earnings Rate Increase	If post-injury net earnings (earnings after deductions like taxes) are less than pre-injury net earnings, the WSIB pays 85% of the difference.	Bill 105 increases the payment to 90% of pre-injury net earnings. It applies to all workers receiving benefits but is not retroactive to past payments.	Make the increase to 90% retroactive to 1998, when the WSIB reduced the rate from 90% to 85% because of a supposed financial crisis.
Expanding Coverage to More Workers	Only workers in listed industries have WSIB coverage; some care workers are not listed.	Bill 105 expands coverage to workers in residential care facilities operated by private employers and group homes.	Universal coverage: all workers in all workplaces in Ontario should have workers' compensation coverage.

What eliminating the lock-in really means

Issue	Protection Today	Under Bill 105
No Finality	The 72-month time limit provides finality and prevents the WSIB from reducing benefits after the lock-in.	The WSIB could review payments at any time based on a “material change in circumstances” and, if no maximum is set, for any other reason “as frequently as it determines is appropriate”.
Endless Reviews	After 72 months, permanently injured workers are protected from constantly having to prove their disability.	No limit on medical exams, functional capacity assessments, or surveillance.
Erosion of Benefits	Workers are protected from reductions when the minimum wage or average industry wage for a “suitable occupation” rises.	Benefits shrink over time: they could be reduced each time the minimum or average industry wage rises, while pre-injury earnings only track inflation.
Targeting Public-Sector Workers	Schedule 2 employers (municipalities, hospitals, fire departments) pay claims directly. The lock-in means they don’t have a reason to keep fighting workers after 72 months.	Eliminating the lock-in gives Schedule 2 employers a permanent, ongoing financial incentive to target permanently injured workers.

Real-life examples

Example #1: Jack

- Jack worked in a factory for 30 years until he was injured in 2015 at age 49. The WSIB determined his suitable occupation to be “parking lot attendant,” deemed him able to earn minimum wage, and pays him partial loss of earnings (PLOE) benefits based on the difference between his imaginary parking lot attendant wages and what he earned at his factory job.
- Current law:** Jack keeps receiving his partial wage loss benefits until age 65.
- Bill 105 impact:** The WSIB could reduce Jack’s partial wage loss benefits every time the minimum wage increases, until he has no wage loss benefits left.

Example #2: Jane

- Jane is 42. She drove a bus for 20 years until she was assaulted by a passenger in October 2020, suffering catastrophic injuries. She is now permanently injured and receives full loss of earnings. She is expecting her first child in January 2027.
- Current law:** Her benefits lock in as of October 2026 and are unaffected when she starts receiving the Canada Child Benefit in January 2027.
- Bill 105 impact:** The WSIB could reduce Jane’s LOE benefits by the amount of the “baby bonus” she receives, if the government designates it a “prescribed payment.”

3. Elevator Pitch: What Bill 105 Means for Injured Workers

One-Minute Elevator Pitch

Ontario's Bill 105 gives injured workers a little more money, but takes away important protections that help them keep it.

The bill increases wage-loss benefits from 85% to 90% of pre-injury earnings, but workers who have been underpaid since 1998 won't receive any back pay. It also lets some people continue receiving benefits after age 65, although many will face barriers to qualifying.

At the same time, the bill removes a key protection that currently limits repeated reviews of permanently injured workers' benefits after six years. Without that protection, workers could face ongoing reassessments and the risk of having their benefits reduced or cut off.

The bill also allows the WSIB to count some pensions and disability benefits when calculating compensation. That means some injured workers could receive less workers' compensation simply because they receive income from other programs.

Bill 105 includes some welcome improvements, but overall it gives with one hand while taking away important protections with the other.

A More Detailed Explanation

Ontario's proposed Bill 105 offers modest improvements to workers' compensation, but weakens key protections that permanently injured workers rely on.

Major concerns

Ending the six-year protection. One of the biggest changes eliminates the rule that protects workers from repeated reviews of their wage-loss benefits six years after their injury (the "72-month lock in"). Without it, the WSIB could continually reassess how much the WSIB thinks an injured worker can earn, and reduce or end benefits. This subjects permanently injured workers to "perpetual probation," income insecurity, and ongoing surveillance.

Reducing benefits because of other income. Bill 105 would require the WSIB to count certain government benefits and employer-funded payments when calculating LOE benefits. If the combined amount is higher than pre-injury earnings, compensation is reduced. Injured workers could lose compensation because they receive benefits never meant to replace it — like retirement income or disability benefits — shifting the financial burden of workplace injuries away from employers and onto injured workers and other social programs.

Limited improvements

Restores wage-loss benefits to 90%. The Bill would raise Loss of Earnings (LOE) benefits from 85% to 90% of pre-injury earnings, reversing the cuts made in 1998. However, the increase would not be retroactive, so workers who have gotten paid less since 1998 because of a supposed financial crisis will not be paid back.

Some workers could receive LOE benefits beyond age 65. Workers who intended to work past 65 can apply to keep receiving wage-loss benefits. But they must request it from the WSIB

and prove they intended to keep working — a challenge for many without documents or evidence to prove a retirement plan. The change likely won't help many whose benefits have already ended.

Expanded WSIB coverage for some care workers. Bill 105 would extend coverage to some home and community care workers. This is a positive step, but it is not expected to be retroactive and falls well short of universal coverage — hundreds of thousands of Ontario workers remain excluded.

4. Battle Card: Responding to Objections

These are suggested responses to points an MPP or opponent may raise. Use whatever fits the situation — you don't need all of it.

If you remember only one thing:

The WSIB is funded by employer premiums, **not taxpayers**, and it is currently sitting on billions of dollars in surplus.

Key facts to keep handy

- **Not taxpayer-funded:** there is no line in the provincial budget for injured-worker benefits. The whole system is funded by employer premiums.
- **\$2 billion** in “surplus” rebates were distributed to employers in September 2025. This is the third \$2 billion giveaway to business within 18 months (also in Nov 2024 and April 2025)
- WSIB premiums paid by employers are at their **lowest in over 50 years**.
- WSIB coverage **protects employers from all lawsuits** by injured workers. Injured workers should get full compensation from the WSIB, in exchange for giving up their right to get full compensation through the courts.

On cost

THEY SAY: *“We’d love to increase benefits for workers, but it will cost too much.”*

YOU SAY

- Keeping the 72-month lock-in is not a new expense.
- An organization handing \$2 billion in surplus rebates back to employers, round after round, cannot credibly say it can't afford to improve injured workers' benefits.

THEY SAY: *“Public funds are limited and there are other priorities.”*

YOU SAY

- **Huge misconception.** The WSIB is not funded by public tax dollars. Improving injured worker benefits doesn't take a single dollar away from schools, hospitals, or any other public priority.
- Money is flowing the other way. Cutting benefits has a high cost: injured workers are pushed onto programs that *are* funded by taxpayers — ODSP, OW, OHIP.
- Keeping the lock-in and rejecting the new offsets keeps the cost of workplace injuries where it belongs — with the employer-funded insurance system — instead of downloading it onto taxpayers.

THEY SAY: *“How much will this cost taxpayers?”*

YOU SAY

- **Nothing.** Not a cent comes from taxpayers, because the WSIB is financed by employer premiums, not the tax base. There is no line in the provincial budget for WSIB benefits to injured workers.

On “abuse” and getting back to work

THEY SAY: *“Injured workers are abusing the system.”*

YOU SAY

- By the WSIB’s own account, more than 85% of injured workers recover and return to work within 3 months with no lasting issues. In fact, only about 2.5% of injured workers remain on benefits 6 years after an injury. These are people with serious, permanent injuries — firefighters, bus drivers, nurses, and labourers whose bodies were permanently damaged at work — not people gaming the system.
- The system is abusing injured workers, through practices like **deeming**: the WSIB assigns a worker a hypothetical job they don’t have and cuts their benefits as if they are earning money from that imaginary job.
- A permanently injured worker in Ontario has roughly a **46% chance of living the rest of their life in poverty** (*Phantom Jobs & Empty Pockets*).

THEY SAY: *“The new cap is 100% of pre-injury earnings — injured workers don’t lose anything.”*

YOU SAY

- They lose a great deal, because “100% of pre-injury earnings” is a ceiling frozen in the past. Other than minor cost of living adjustments (this year was 2%), benefits never reflect the raises, promotions, or career progression they would have earned had they not been injured.
- A retirement pension is money the worker paid into over a lifetime for retirement. The Canada Child Benefit is meant to help raise children. Clawing back these and other benefits treats a worker’s pension or child benefit as if it were charity for their injury.
- “You’ll never get more than 100%” quietly becomes “you’ll get less and less, reviewed forever.”

THEY SAY: *“The system motivates injured workers to get back to work.”*

YOU SAY

- The permanently injured cannot return to their old jobs. The “motivation” is actually a penalty.
- Deeming is the clearest example — the WSIB pretending an injured worker holds a job that they don’t have.
- Pushing people into poverty is not motivation.

THEY SAY: *“Bill 105 is about protecting Ontario’s workers.”*

YOU SAY

- Parts of it genuinely help — restoring the benefit rate to 90% and letting some workers claim benefits past 65 are steps in the right direction.
- But removing the lock-in lets the WSIB reassess, reduce, and claw back the benefits of permanently injured workers indefinitely.
- You can’t claim to protect workers in one clause while stripping long-standing protections from the most vulnerable in another.

5. Bringing It to Your MPP

Members of Provincial Parliament (MPPs) are the elected representatives in Ontario who vote on new laws. They need to hear directly from the people who will be affected by the changes in Bill 105. Your story and your experience help them understand the real-life impact of these decisions. You do not need to be an expert — you are the expert on your own experience.

What is the goal?

Ask your MPP to:

- Learn about the concerns injured workers have with Schedule 9 of Bill 105.
- Raise these concerns with their caucus (other members of their political party) and the Minister of Labour.
- Support amendments that better protect injured workers.
- Meet with injured workers and advocates before the Bill moves forward.

Step 1: Find and contact your MPP

Setting up a meeting with your MPP might seem daunting the first time, but it gets easier. Remember: your MPP is supposed to represent you. They work for you, and they need to hear your concerns.

You can find your MPP and their contact information by entering your address at ola.org/en/members/current. You can:

- call their constituency office;
- send an email;
- request a meeting;
- attend a constituency office appointment;
- speak to them at a community event (some MPPs hold summer picnics); or
- write a letter.

Sample phone script to request a meeting

Hello, my name is [name]. I live in your riding, and I am calling because I am concerned about Schedule 9 of Bill 105. I am an injured worker [or family member/supporter], and I am asking the MPP to review the concerns being raised by injured workers before this legislation moves forward.

I would appreciate the opportunity to meet with the MPP to tell them about how these proposed changes could affect people like me. Could you please pass my message along and let me know when the MPP is able to meet?

Sample email to request a meeting

Subject: Please Improve Schedule 9 of Bill 105 for Injured Workers

Dear MPP,

I am a resident of your riding and am writing to ask you to carefully review Schedule 9 of Bill 105.

As an injured worker [or family member/supporter of injured workers], I am concerned that the Bill, as currently proposed, will weaken protections for people who have been hurt at work.

People who experience workplace injuries often face financial hardship, health challenges, and lengthy interactions with the workers' compensation system. Changes to the law should strengthen fairness and support — not make it harder for injured workers to receive the help they need.

I would appreciate an opportunity to meet with you to discuss this issue further. Please let me know when you can meet. Thank you for your time and your service to our community.

Sincerely,

[Your Name] / [Address] / [Phone Number]

Step 2: Follow up on your original contact

If you don't hear back within a couple of days, call or email again, noting that you got in touch before. Some constituency office staff may be reluctant to book an in-person meeting, so be persistent and repeat that you are a constituent. You can note that MPPs have "Constituency Fridays," intended for time in their offices with constituents. Remind them that these issues affect thousands of injured workers across the province.

Step 3: Meet with your MPP

Many MPPs know very little about the WSIB or how it treats injured workers. The best way to help them understand is to use your personal story — how you were treated by the system. That works better than policies and technicalities. Try to relate your story to one of the major concerns with Bill 105:

- **Ending the 72-month lock-in**, which currently protects benefits from WSIB review six years after injury. Eliminating it replaces stability with endless assessments, guaranteeing uncertainty, embedding poverty, and contributing to psychological harm.
- **Capping wage-loss benefits to pre-injury earnings**. Over time, frozen pre-injury wages won't reflect raises, minimum-wage increases, or better opportunities. Clawing back new income ensures people fall further behind.
- **Making injured workers prove retirement plans**. The WSIB should assume that injured workers won't retire until age 70 (or five years after injury/recurrence). This change should be retroactive to at least 2006, when mandatory retirement was abolished.
- **No retroactivity for the increased benefit rate**. Full justice requires the increase to wage loss benefits be retroactive to 1998, when the rate was lowered from 90% to 85%.
- **Minimally expanding WSIB coverage**. Covering care workers is positive, but the coverage rate remains too low. We need universal coverage for all workers and workplaces.

You may not have time to talk about every issue — that's fine. Focus on one or two so the MPP leaves with a full understanding of one issue rather than a vague sense of many. If you don't know the answer to a question, it's okay to say you'll follow up after the meeting. If you want someone to join you at a meeting with your MPP or you need help answering a question they ask, contact oniwgexec@gmail.com.

Lobbying tips: do's and don'ts

A lobby is different from a protest. The goal is to **persuade** the government to make change — not to criticize it for the current problem. MPPs won't have much time, so don't try to say too much.

DO	DON'T
Be respectful, even if you disagree. Be honest and stick to your own experience. Keep your message focused, and make a clear ask. Thank the MPP or staff for their time. Bring written information to leave behind. Follow up with a thank-you email afterward. Encourage others to contact their own MPPs.	Don't interrupt or argue. Don't make personal attacks. Don't exaggerate or make claims you can't support. Don't assume the MPP already knows the issue. Don't try to cover every issue at once. Don't get discouraged if the MPP disagrees. Don't leave without asking for a next step.

Sample meeting script

Overview of the issue. Thank you for meeting with me. I live in your riding and wanted to speak with you because I am concerned about Schedule 9 of Bill 105. Right now, after 72 months, WSIB benefits are “locked in.” Bill 105 would remove that protection. Workers could face reviews forever, benefits could be cut at any time — even years later — and any other income or government support could be clawed back, leaving people perpetually poorer.

Share your story. My experience as an injured worker has shown me how important a fair workers' compensation system is. [Briefly tell your story: What challenges have you had with the WSIB? How could the changes in Bill 105 affect you? How would you feel if your benefits were never “locked in”?]

Make your ask, and ask questions. I am asking you to review these concerns carefully, support improvements to Bill 105, and speak with injured workers before the Bill is passed. For example:

- Have you reviewed Schedule 9 of Bill 105?
- Have you met with injured workers about these changes?
- Can I count on you to review these concerns and tell me your position?
- Will you raise these concerns with your caucus or the Minister?
- Will you support amendments that improve protections for injured workers?
- Will you keep me informed about what happens next?

Thank you for listening.

Step 4: Let us know how it went

We would love to hear how your meeting went. Please send us a quick report by email at oniwgexec@gmail.com. One respectful conversation may not change a vote on its own, but many conversations from constituents can influence how elected representatives think about an issue. Your lived experience helps ensure injured workers are part of the conversation.

Contacting other politicians

Your MPP represents you, but other politicians also need to hear injured workers' concerns. The Minister of Labour is responsible for workers' compensation; the Minister of Red Tape Reduction introduced Bill 105; and the Premier is the leader of the province. Calling or emailing each spreads awareness. Please verify names and contact details before you use them, as roles can change.

By phone

- **Minister of Labour, Piccini:** 416-326-7600
- **Ontario Premier, Ford:** 416-325-1941
- **Minister of Red Tape Reduction, Khanjin:** 416-212-0088

Short phone script

Hello, my name is [Name]. I live [or work/ed] in [City/Riding]. I am calling about Ontario Bill 105, Schedule 9.

Please do not put injured workers on perpetual probation. Right now, after 6 years, WSIB benefits are locked in. This gives workers stability. Bill 105 would remove this — allowing endless reviews and cuts at any time. This will make disabled workers poorer and harm their mental health, and seniors will be hit hardest.

Please: keep the 72-month lock-in and remove endless reviews. Can you confirm you will pass on my message? Thank you.

By email

- **Minister of Labour, Piccini:** david.piccini@pc.ola.org
- **Ontario Premier, Ford:** premier@ontario.ca
- **Minister of Red Tape Reduction, Khanjin:** andrea.khanjin@pc.ola.org

Sample email

Subject: Bill 105 — Protect injured workers

Dear Premier Ford, Minister Piccini, Minister Khanjin,

My name is [YOUR NAME], and I am an injured worker [or family member/supporter of injured workers]. I am writing about Bill 105, Schedule 9, and the proposed changes to WSIB benefits.

While I support increasing the Loss of Earnings benefit rate, full justice requires retroactivity to 1998, when the rate was lowered from 90% to 85%. I also support expanding WSIB coverage to care workers, but the coverage rate remains too low — I support universal coverage for all workers and workplaces. Letting workers show they would have worked past age 65 is a step forward, but current realities support raising the base retirement age to 70 (or five years after injury/recurrence), retroactive to at least 2006.

I believe in a system that is fair and focused on helping people recover and return to work where possible. But removing the 72-month “lock-in” and shifting to ongoing reviews goes too far. Injured workers should not be put on permanent probation. For up to six years, workers already endure treatment, return-to-work requirements, retraining, surveillance, and constant oversight. The lock-in exists because, after years of this, there must be an endpoint — a point of stability and certainty.

Bill 105 removes that endpoint, creating indefinite reviews where benefits can be reduced or cut at any time, even years later. Living under constant review is already difficult; extending it indefinitely keeps people in a permanent state of stress and takes a serious toll on mental health. It also means more bureaucracy, administrative cost, and appeals — the opposite of efficient government.

The proposed 100% pre-injury wage cap locks workers into past earnings that are frozen in time and won't reflect raises, minimum-wage increases, or better opportunities. Clawing back new income or benefits ensures people fall further behind over time.

These are significant changes that deserve proper consideration. I urge you to consider alternatives and adopt amendments before passing Bill 105. At minimum, the 72-month lock-in must be preserved.

Thank you for your time and consideration.

[Your Name / Address / Phone Number]

6. Bringing It to the Public

There will be many opportunities to reach the public before Bill 105 can be brought back to the Legislature, which is on break until October 27, 2026. You can attend or host events, give presentations, do street-corner education, or go door-knocking. Whatever you choose, be prepared, bring leaflets, and take pictures of your actions. There are sample scripts in the Elevator Pitch, Battlecard, and Brining it to your MPP sections of this Lobby Kit. Below are some examples of what people have done in their communities.

Community town halls

Town halls are meetings to discuss an issue affecting the community. They can be organized by an organization, union, faith group, or sitting MPP. They're a good space for in-depth discussion of a specific issue and for finding allies.

Community events

MPPs often hold community events throughout the year, such as summer picnics. These are a chance to speak to MPPs about the Bill, build support among community members, and hand out flyers. Find your riding and MPP by entering your address at ola.org/en/members/current, then check their website for upcoming events.

Leafletting

This action can be done alone or with some friends, and can be fun. Choose a busy street corner or subway station and hand out flyers with information about the issues and what you want politicians to do. It builds public knowledge and energizes your community. A flyer/leaflet is provided at the end of this Lobby Kit, and can also be found and downloaded at <https://injuredworkersonline.org/bill-105-lobby-kit/>.

Tips on public engagement

- **Prepare.** Open with your personal connection and why you joined the cause, then move to the facts, and end with what people can do.
- **Know your audience.** Finding out and considering their interests and connection to the issue goes a long way.
- **Leave them with an action.** Even a great presentation goes nowhere without a concrete ask — an endorsement letter, a visit to candidates, a question to raise.
- **Take pictures.** Sharing and tagging local candidates raises your group's profile and adds pressure.
- **Follow up.** The number-one thing campaigns forget. Collect contact information and follow up with interested people within a week.

7. Bringing It to the Media

Contacting local media is a good way to raise public awareness about the issues with Bill 105.

Ways to engage the media

- Centre lived experience in whatever media work you do.
- Write a letter to the editor of your local newspaper about your concerns with Bill 105 — even short letters reach the public and spark discussion.
- Call in to a local radio or TV show during call-in segments to raise your concerns with Bill 105.

Tips for writing letters to the editor

- Keep it short — check your local paper's word limit.
- Use plain language; talk about your emotions and personal connection to the issue.
- Sign your name and give your address and a contact phone number.
- Write in your own words, and where possible respond to a specific article (cite the date).

Sample letter to the editor

Broken Promises to Injured Workers

When someone is seriously injured on the job, the expectation is simple: if you are hurt while earning a living, the system will be there when you need it most.

That promise has long been the foundation of Ontario's workers' compensation system. It reflects a basic social contract — workers give up the right to sue their employers in exchange for fair, reliable compensation and medical support after a workplace injury. But that promise rings hollow when the government introduces reforms (via Bill 105) meant to improve the system, while at the same time introducing new uncertainty for the very people they are supposed to protect. The changes to Ontario's workers' compensation system proposed in Bill 105 cannot pass as is.

For decades, Ontario's system has recognized that, after years of medical assessments, vocational testing, return-to-work efforts and appeals, there comes a point when permanent disabilities are just that — permanent. The existing framework gives injured workers certainty after an extended period of review, letting them rebuild their lives without fearing endless reassessments.

Bill 105 proposes to remove that certainty. This would fundamentally change the relationship between injured workers and the system. Instead of focusing on recovery, workers could face repeated medical examinations, employability reviews, surveillance, and challenges to their benefits years — even decades — after their injury. For people already living with chronic pain, psychological injuries, or permanent impairments, the emotional toll of perpetual review should not be underestimated. Security is not a luxury. It is part of recovery.

No one goes to work expecting a life-changing injury. But every worker deserves to know that if the unthinkable happens, the system will offer certainty instead of perpetual uncertainty. That is not only good public policy — it is a measure of who we are as a province.

Tips for radio and TV call-in shows

- **Decide on your message.** Before you call, pick the one or two points you want to make and write them down.
- **Know who you're calling.** The person who answers is the producer, not the host. Give them a brief version of your points.
- **Educate, don't fight.** Your role is to educate the community. If the host is combative, stay calm and stick to your points.
- **Enlist support.** Tell friends or group members in advance and recruit them to call in too, dividing points among you.

You can use the one-minute elevator pitch or sample scripts in the bringing it to your MPP sections of this Lobby Kit.

Making the most of social media

Social media boosts your organizing (it can't replace face-to-face, but it amplifies it). Encourage supporters to follow and share your accounts, take photos at every action and tag relevant campaigns and politicians, and share videos of injured workers speaking to the issue. Comment briefly and respectfully on politicians' posts. Shareable images, flyers, and handouts are available for download at <https://injuredworkersonline.org/bill-105-lobby-kit/>.

Hashtags

#onpoli · #WorkersComplsARight · #JusticeForInjuredWorkers · #MakeBill105Fair · #StopEndlessReviews · #EndPermanentProbation

