Workplace Health and Safety: The Link to WSIB Claims

By Kate Penkett
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Injured at Work? It Starts Before WSIB

When people think about workplace injuries, they usually jump straight to WSIB filing a claim, getting benefits, and dealing with return to work.

But what many don't realize is this:

Your WSIB claim often starts before the injury is even reported.

Health & Safety Is the Foundation of Your Claim

Workplace health and safety isn't separate from WSIB it's directly connected.

If your injury was caused by:

- An unsafe condition
- A known hazard
- Lack of training or supervision

...those details can become important later in your claim.

Why Reporting Matters (Even Before an Injury)

If safety concerns are raised before something happens, it creates a record.

That record can:

- Show the issue existed
- Demonstrate that the employer knew (or should have known)
- Support your version of events if a claim is disputed

Most workers don't think about this until it's too late.

Kate Penkett | Licensed Paralegal & Notary Public
289-401-4491 kate@penkett.com www.penkett.com

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After an Injury: Two Processes Can Happen at Once

When a workplace injury occurs, there are often two parallel processes:

1. Health & Safety

☞ What caused the injury?

☞ Was there a hazard or failure to protect workers?

2. WSIB

☞ What benefits or support is the worker entitled to?

☞ What happens with return to work?

Understanding both helps you see the full picture.

You Have the Right to Speak Up

Workers are allowed to:

- Raise health and safety concerns
- Report hazards
- Report injuries

And importantly:

The law protects workers from reprisal for doing so in good faith.

That means an employer cannot penalize or discipline you simply for raising safety concerns or reporting an injury.

Why This Matters

Many workers focus only on the WSIB process after they are injured.

But by then, key details may already be missing.

Understanding the connection between health & safety and WSIB can help you:

- Protect yourself before an injury happens
- Strengthen your position if a claim arises
- Avoid common mistakes

Final Note

This is general legal information, not legal advice.

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