

## Prevention Through Intervention

Occupational Health Clinics for Ontario Workers are dedicated to the identification and prevention of work-related injuries and illnesses. This includes musculoskeletal disorders, cancer and other diseases from workplace exposures and stress-related illnesses.

OHCOW provides medical, hygiene, ergonomic and health assessments for Ontario workers and workplaces. Staffed by an inter-disciplinary team of nurses, hygienists, ergonomists, coordinators and contracted physicians, each OHCOW clinic provides comprehensive occupational health services and information.

OHCOW is governed by a volunteer Board of Directors. At the local level each of the seven clinics has a volunteer Local Outreach Committee.

Education plays a central role in OHCOW's prevention activities. Workshops and presentations tailored to specific workplace issues may be developed and delivered.

At the core of each clinic are dedicated staff trained in occupational health, who are available to provide expert analysis for a full range of work-related illnesses.



## Contact

**Toll Free: 1-877-817-0336**

### Provincial Office

1090 Don Mills Road,  
Suite 606  
Toronto, ON  
M3C 3R6  
Tel: 416-510-8713

### South Central Region

**Hamilton Clinic**  
21 Hunter Street East,  
Suite 200  
Hamilton, ON  
L8N 1M2  
Tel: 905-549-2552  
Fax: 905-549-7993

### Eastern Region

**Ottawa Clinic**  
1545 Carling Ave.,  
Suite 110  
Ottawa, Ontario,  
K1Z 8P9  
Tel: 613-725-6999

### South Western Region

**Sarnia Clinic**  
171 Kendall Street  
Point Edward, ON  
N7V 4G6  
Tel: 519-337-4627  
Fax: 519-337-9442

### Northern Region

**Sudbury Clinic**  
432 Westmount Ave,  
Unit AB  
Sudbury, ON  
P3A 5Z8  
Tel: 705-523-2330  
Fax: 705-523-2606

### Central Region

**Toronto Clinic**  
1090 Don Mills Road,  
Suite 606  
Toronto, ON  
M3C 3R6  
Tel: 416-449-0009

### North Western Region

**Thunder Bay Clinic**  
2813 Arthur St. East,  
Suite 102  
Thunder Bay, ON  
P7E 5P5  
Tel: 807-623-3566  
Fax: 807-622-5847

### South Western Region

**Windsor Clinic**  
3129 Marentette Avenue,  
Unit 1  
Windsor, ON  
N8X 4G1  
Tel: 519-973-4800  
Fax: 519-973-1906

# Occupational Health Clinics for Ontario Workers



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Find us on social media:



WEBSITE: [ohcow.on.ca](http://ohcow.on.ca) EMAIL: [ask@ohcow.on.ca](mailto:ask@ohcow.on.ca)



**OHCOW**

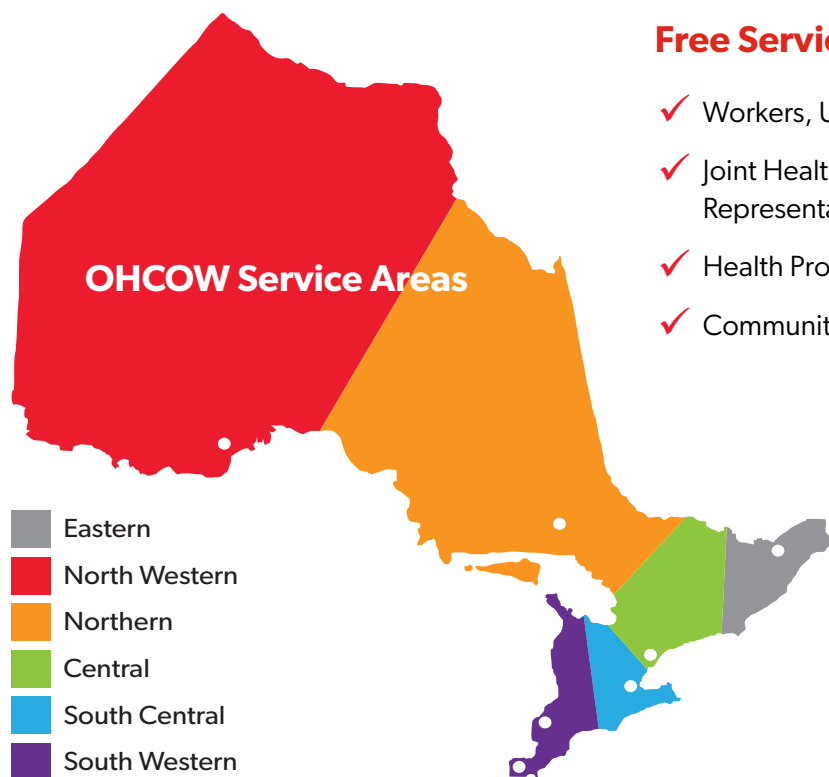
Occupational Health Clinics  
for Ontario Workers Inc.

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

## Who We Are

Throughout the 1970's and 1980's workers in Ontario became increasingly aware of the toll of injury and disease caused by dangerous and unhealthy working conditions. A groundswell of opinion demanded more effective diagnosis of work-related health problems and effective prevention strategies.

OHCOW was established in 1989 by the Ontario Federation of Labour (OFL) and is funded through the Ministry of Labour, Immigration, Training and Skills Development (MLITSD). The first clinic opened in 1989 in Hamilton, with subsequent clinics opened in Toronto, Windsor, Sudbury, Sarnia, Thunder Bay and Ottawa.



## OHCOW Provides Five Types of Services

- 1 Medical diagnostic review for workers who may have work-related health problems
- 2 Group service for joint health and safety committees and groups to deal with workplace conditions that affect more than one worker
- 3 Inquiry service to answer questions about exposures and possible workplace hazards
- 4 Outreach and education to generate public awareness about health and safety issues
- 5 Research service to investigate and report on illnesses and injuries to improve working conditions

## Free Services Offered to...

- ✓ Workers, Unions, Employers, Students
- ✓ Joint Health & Safety Committees and Representatives
- ✓ Health Professionals, Legal Clinics
- ✓ Community Groups, General Public

## OHCOW Can Help If...

- ✓ You think something about your work is putting you or your co-workers' health at risk
- ✓ You need occupational health and safety information
- ✓ Several people at your workplace have similar health problems
- ✓ Your Joint Health and Safety Committee has found a problem and needs help resolving it

## Contact

TOLL FREE: 1-877-817-0336

WEBSITE: [ohcow.on.ca](http://ohcow.on.ca)

EMAIL: [ask@ohcow.on.ca](mailto:ask@ohcow.on.ca)

