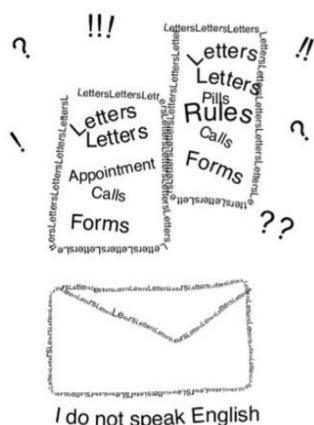


Welcome to “Prevention is the Best Medicine”

“Prevention is the Best Medicine” is a toolkit designed to help settlement services staff provide newcomers with information on the occupational health and safety and workers’ compensation systems in Ontario. The toolkit was produced by the Institute for Work & Health (IWH) in Toronto.

Such a resource is needed because research conducted by IWH indicates that:

- newcomers to Ontario are more likely than Canadian-born workers to be employed in jobs with a higher number of workplace health and safety hazards;
- recent immigrants may be at higher risk of work injuries and less likely to access compensation after injury; and
- newcomers face obstacles in accessing information about occupational health and safety and workers’ compensation systems. The IWH conducted a scan of available resources for newcomers on the topics of workers’ compensation and occupational health and safety and found clear gaps in the availability and delivery of this information.



What is included in the toolkit

The toolkit contains everything needed to deliver instructional sessions on two separate, but related, topics within an Ontario context:

- occupational health and safety; and
- workers’ compensation.

For each of these two topics, the following resources are provided:

- a fact sheet for learners;
- a guide for workshop leaders that provides a sample lesson plan for delivering the information in the fact sheet, including some classroom-based exercises;
- a PowerPoint slide deck for workshop leaders to deliver a more in-depth session that goes beyond (but still complements) the information in the fact sheet, including additional case studies, scenarios and exercises; and
- speaking notes to accompany the PowerPoint slides for workshop leaders.

The toolkit also includes:

- a vocabulary list for learners, which includes the definitions of words particular to this field that learners may not be familiar with; and
- an advice sheet for workshop leaders to help them address difficult questions that may arise while teaching these topics.

How to use the toolkit

The “Prevention is the Best Medicine” toolkit is designed to be used in a classroom setting. The intended students are newcomers to Ontario who are enrolled in either an English-language class (LINC 4 or above) or an employment-preparation program.

The toolkit consists of modular pieces that workshop leaders can adapt to their classroom needs. To these instructors, we suggest the following:

- Familiarize yourself with the various tools and the information contained in them, including the advice sheet for workshop leaders.
- Determine what topic(s) your session(s) will cover: occupational health and safety only, workers’ compensation only, or both.
- Determine whether you want to deliver the information in the fact sheet/handout, or the more detailed information in the PowerPoint presentation.

- For “paper-based” and shorter sessions, we suggest handing out the fact sheet to learners/participants at the beginning of the class and using the guide to “walk through” the information with learners, incorporating the exercises along the way.
 - For “multi-media” and longer, more all-encompassing sessions, we suggest using the PowerPoint slides, delivering the information first, then providing the learners with the fact sheet as a take-away after the presentation.
- You may want to hand out the vocabulary sheet to students prior to the classroom session so they can familiarize themselves with some of the terms in advance. Or you may want to hand it out at the beginning of the session and refer to it as the terms are introduced.

While the modules in this toolkit provide general information about occupational health and safety and workers’ compensation, the teaching of these modules does not constitute or replace formal or legislated training on these subjects.

This document does not constitute legal advice or formal training. To determine rights and obligations under the *Occupational Health and Safety Act* (OHSA) or *Workplace Safety and Insurance Act* (WSIA), contact legal counsel or refer to the legislation at: www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90o01_e.htm (OHSA), or www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_97w16_e.htm (WSIA).

This document is part of the *Prevention is the Best Medicine* toolkit created by a research team at the Institute for Work & Health. The team included Agnieszka Kosny, Peter Smith, Curtis Breslin, Ron Saunders and Marni Lifshen, in partnership with:

- Injured Workers’ Consultants
- Skills for Change
- Workers Health and Safety Centre
- Workplace Safety and Insurance Board
- Ontario Ministry of Labour
- Workplace Safety and Prevention Services
- Occupational Health Clinics for Ontario Workers



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