

Information for workers

In Québec, if you
suffer a **work-related
accident or disease,**



you are protected!

CSST

Prevention,
I'm working at it!

What to do in the event of a work-related accident or disease

Promptly inform your employer

If you suffer a work-related accident, you must inform your employer or your employer's representative as quickly as possible, even if you think you do not need medical attention. If you are unable to do so yourself, someone else must do so for you.

Make sure you receive treatment

You must receive the necessary medical care. See a physician quickly, even if your injury seems minor. Ask the physician for a medical certificate, and give your employer a copy of it if you are unable to return to work the day after the accident.

Keep all your receipts

In general, the CSST pays directly for your hospitalization or stay at a medical facility if you have a work-related accident. If you, yourself, are required to pay for medical services or to purchase drugs prescribed by your physician or other products, you must fill out a reimbursement claim form and send it to the CSST with your **original** receipts and supporting documents. You may also receive reimbursement for transportation and living expenses.

Apply to the CSST for compensation

To be reimbursed for the above-mentioned expenses, or to receive income replacement benefits if you are off work for more than 14 days:

- fill out the *Worker's Claim* form;
- send your medical certificate, along with your original receipts and supporting documents, to the CSST office in your region;
- give your employer a copy of the *Worker's Claim* form.

Note: You have six months to apply to the CSST for compensation.

This brochure has no legal bearing and may not be used to replace current laws and regulations on which it is based.



In the event of a **work-related accident or disease...**

Your income is protected.

If you are off work because of an industrial accident or occupational disease, you will be compensated. You will receive a percentage of your salary (90% of your net income, up to the maximum insurable earnings) in the form of benefits.

You are guaranteed of keeping your job.

If you have suffered a work-related accident or disease, you have the right to be reinstated in your job or assigned to an equivalent position as soon as you are deemed able to resume work. You maintain this right for one or two years after you stop working, depending on the number of employees at the company where you work.

While you are receiving medical treatment, your employer may ask you to do a job different from the one you normally perform, with your attending physician's consent. During such a **temporary assignment**, you keep the salary and benefits associated with your usual job. And when you return to your usual job, your salary and benefits will be the same as they were before your absence.

You are entitled to choose your physician.

You may choose your physician and the health care institution where you will be treated. Your physician plays a very important role, as he or she is the one who diagnoses you, recommends your treatment, evaluates the nature of the limitations you have sustained, and determines when you will be able to return to work. You are also entitled to rehabilitation services that will help you be able to return to work.



**Have any questions or concerns?
Need information?
Please contact the CSST office in your region.**

The occupational health and safety plan

In Québec, there is an organization that protects you, as a worker, when you are employed. Commonly known as the CSST, the *Commission de la santé et de la sécurité du travail* administers the public insurance plan. It focuses on the prevention of work-related accidents and diseases, and sees to the compensation and rehabilitation of workers who are the victims of them.



Your protection as a worker

You are AUTOMATICALLY INSURED if you are a worker—i.e., are paid to perform a full-time or part-time job. This insurance does not cost you anything, as your employer pays the required premiums.

Domestics and self-employed workers are not automatically covered, so they must apply in writing to the CSST and pay their own premiums.

A plan with a purpose: prevention

The CSST promotes measures aimed at eliminating hazards in the workplace or at least reducing the risks thereof to the health and safety of workers. It also supports employers and workers responsible for applying these measures.

Your rights and obligations

As a worker, you have the **right** to demand working conditions that enable you to perform your job in complete safety. However, you also have a **duty**, in cooperation with your employer, to avoid endangering your own health and safety and that of your co-workers.

CSST regional offices

Serving workers and employers

ABITIBI-TÉMISCAMINGUE

33, rue Gamble Ouest

Rouyn-Noranda

(Québec) J9X 2R3

Tel. 819 797-6191

1 800 668-2922

Fax 819 762-9325

2^e étage

1185, rue Germain

Val-d'Or

(Québec) J9P 6B1

Tel. 819 354-7100

1 800 668-4593

Fax 819 874-2522

BAS-SAINT-LAURENT

180, rue des Gouverneurs

Case postale 2180

Rimouski

(Québec) G5L 7P3

Tel. 418 725-6100

1 800 668-2773

Fax 418 725-6237

CHAUDIÈRE-APPALACHES

835, rue de la Concorde

Saint-Romuald

(Québec) G6W 7P7

Tel. 418 839-2500

1 800 668-4613

Fax 418 839-2498

CÔTE-NORD

Bureau 236

700, boulevard Laure

Sept-Îles

(Québec) G4R 1Y1

Tel. 418 964-3900

1 800 668-5214

Fax 418 964-3959

235, boulevard La Salle

Baie-Comeau

(Québec) G4Z 2Z4

Tel. 418 294-7300

1 800 668-0583

Fax 418 294-7325

ESTRIE

Place-Jacques-Cartier

Bureau 204

1650, rue King Ouest

Sherbrooke

(Québec) J1J 2C3

Tel. 819 821-5000

1 800 668-3090

Fax 819 821-6116

GASPÉSIE-ÎLES-DE-LA-MADELEINE

163, boulevard de Gaspé

Gaspé

(Québec) G4X 2V1

Tel. 418 368-7800

1 800 668-6789

Fax 418 368-7855

200, boulevard Perron Ouest

New Richmond

(Québec) G0C 2B0

Tel. 418 392-5091

1 800 668-4595

Fax 418 392-5406

ÎLE-DE-MONTRÉAL

1, complexe Desjardins

Tour Sud, 31^e étage

Case postale 3

Succursale Place-Desjardins

Montréal

(Québec) H5B 1H1

Tel. 514 906-3000

Fax 514 906-3200

LANAUDIÈRE

432, rue De Lanaudière

Case postale 550

Joliette

(Québec) J6E 7N2

Tel. 450 753-2600

1 800 461-4489

Fax 450 756-6832

LAURENTIDES

6^e étage

85, rue De Martigny Ouest

Saint-Jérôme

(Québec) J7Y 3R8

Tel. 450 431-4000

1 800 465-2234

Fax 450 432-1765

LAVAL

1700, boulevard Laval

Laval

(Québec) H7S 2G6

Tel. 450 967-3200

Fax 450 668-1174

LONGUEUIL

25, boulevard La Fayette

Longueuil

(Québec) J4K 5B7

Tel. 450 442-6200

1 800 668-4612

Fax 450 442-6373

MAURICIE ET CENTRE-DU-QUÉBEC

Bureau 200

1055, boulevard des Forges

Trois-Rivières

(Québec) G8Z 4J9

Tel. 819 372-3400

1 800 668-6210

Fax 819 372-3286

OUTAOUAIS

15, rue Gamelin

Case postale 1454

Gatineau

(Québec) J8X 3Y3

Tel. 819 778-8600

1 800 668-4483

Fax 819 778-8699

QUÉBEC

425, rue du Pont

Case postale 4900

Succursale Terminus

Québec

(Québec) G1K 7S6

Tel. 418 266-4000

1 800 668-6811

Fax 418 266-4015

SAGUENAY-LAC-SAINT-JEAN

Place-du-Fjord

901, boulevard Talbot

Case postale 5400

Chicoutimi

(Québec) G7H 6P8

Tel. 418 696-5200

1 800 668-0087

Fax 418 545-3543

Complexe du Parc

6^e étage

1209, boulevard du Sacré-Cœur

Case postale 47

Saint-Félicien

(Québec) G8K 2P8

Tel. 418 679-5463

1 800 668-6820

Fax 418 679-5931

SAINT-JEAN-SUR-RICHELIEU

145, boulevard Saint-Joseph

Case postale 100

Saint-Jean-sur-Richelieu

(Québec) J3B 6Z1

Tel. 450 359-2100

1 800 668-2204

Fax 450 359-1307

VALLEYFIELD

9, rue Nicholson

Salaberry-de-Valleyfield

(Québec) J6T 4M4

Tel. 450 377-6200

1 800 668-2550

Fax 450 377-8228

YAMASKA

2710, rue Bachand

Saint-Hyacinthe

(Québec) J2S 8B6

Tel. 450 771-3900

1 800 668-2465

Fax 450 773-8126

Bureau RC-4

77, rue Principale

Granby

(Québec) J2G 9B3

Tel. 450 378-7971

Fax 450 776-7256

Bureau 102

26, place Charles-De Montmagny

Sorel-Tracy

(Québec) J3P 7E3

Tel. 450 743-2727

Fax 450 746-1036

www.csst.qc.ca:

A Web site linked to
your needs!