

When workers began to complain about long-term aches and pain, we contacted the OHC. The staff helped us find the most comfortable and safest way to work. They helped us put together a training program for the entire workforce.

- health & safety committee member  
call centre

## Special Initiatives

- Workplace Stress Initiative
- Aboriginal Workers Education and Outreach Project
- Immigrant Workers Education and Outreach Project
- Small Business Ergonomics Project

## Information & Resources

You can find the information you need in our library, one of the most extensive workplace health and safety print libraries in western Canada. Use our library computer to search online for the latest research and reports.

**Our library is open to the public  
Monday to Friday 9 am to 5 pm.**

The Centre has over 40 fact sheets on a wide range of workplace health and safety issues. Some fact sheets are available in Chinese, Portuguese, Somali, Spanish, Vietnamese, French, Punjabi and Tagalog.

We also organize regular public presentations on a variety of health and safety topics.

Check out our website for electronic versions of our fact sheets, upcoming public presentations and other information at [www.mflohc.mb.ca](http://www.mflohc.mb.ca)

For more information contact the

MFL Occupational Health Centre, Inc.  
102-275 Broadway  
Winnipeg, Manitoba  
R3C 4M6

Phone: 949-0811  
Fax: 956-0848  
Toll Free: 1-888-843-1229 (Manitoba Only)  
Web site: [www.mflohc.mb.ca](http://www.mflohc.mb.ca)  
Email: [mflohc@mflohc.mb.ca](mailto:mflohc@mflohc.mb.ca)



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like to make  
a donation.**

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Please include, name, address and postal code.

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A charitable receipt will be issued for donations of \$10.00 and over.

Please send to:

MFL Occupational Health Centre, Inc.  
102-275 Broadway  
Winnipeg, Manitoba R3C 4M6

**Healthy Workers**

**Healthy Workplaces**

**Healthy Communities**

# Your Work Your Health



Healthy Workplaces  
Healthy Workers  
Healthy Communities

## Who Are We?

The MFL Occupational Health Centre is a community health centre specializing in work related injuries and diseases. We are a non-profit, charitable organization funded by the Winnipeg Regional Health Authority and by donations from individuals, and unions. We are committed to working with all Manitobans who are interested in creating safer and healthier workplaces.

## Medical services

Our doctors are specialists in occupational medicine and can help you find out if your job is making you sick. This makes it possible to

- treat the problem properly
- prevent the problem from happening again
- protect other workers
- collect workers' compensation

To make a confidential appointment call 949-0811 or 1-888-843-1229. You do not need a referral.

## Workplace Services

Our team of occupational health specialists work with joint workplace health and safety committees or other

The doctor took the time to consider the forceful, repetitive nature of my job when he examined me. He was the first to correctly diagnose damage to my tendons and wrists as work related.

- packinghouse worker

workplace groups to identify and resolve specific health and safety problems. We can help you

- ✓ identify health and safety issues
- ✓ investigate workplace problems
- ✓ conduct workplace-based surveys
- ✓ find workable solutions
- ✓ develop in-house training programs

## Education

We develop hands-on workshops tailored to your needs and workplace. We provide you with the information and skills you need to make your workplace safe and healthy. We offer workshops on a variety of topics, for example

- ergonomics
- workplace violence
- basic health and safety rights
- building effective health and safety committees