

CANADIAN INJURED WORKERS ALLIANCE ALLIANCE CANADIENNE DES VICTIMES D'ACCIDENTS ET DE MALADIES DU TRAVAIL

CIWA-ACVAMT

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ANNUAL EVENTS:

National R.S.I Day	February 28
Injured Workers Day	June 01
Chronic Pain Awareness Week	November
National Day of Mourning	April 28



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Editor's Note

This newsletter is distributed via email, fax, or mail to CIWA/ACVAMT members and groups with an interest in injured worker issues as resource tool to share and exchange information. The views and opinions expressed here are those of the individuals or groups making submissions. We take no responsibility for their accuracy or for their opinions. You are welcome to share and distribute this newsletter with others that are interested.

It is also available on our website at www.ciwa.ca.

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PROVINCIAL REPORTS / UPDATES

President's Report:

CIWA and its Board members across Canada have been very busy over the last year. We've been in discussions with Labour Organization in Saskatchewan and Alberta trying to revive our Youth Project. We feel this is an important project as it still seems that youth in the workplace are unaware of their rights and Occupational Health & Safety. Even with all the programs for youth out there, the abuse and neglect it still extremely evident and we want to be part of educating Canada's youth on workplace rights and responsibilities of both the employer and themselves as the employee. We are seeking and very hopeful in attaining financial donations from Labour as well as any organizations that would like to see a specialized program for Youth in the Workplace.

We have also had the opportunity to voice our opinions on Workers Compensation issues across Canada, following three lengthy radio interviews. These were with Global Radio One in Saskatchewan, another from a station in Toronto, and another with a radio station in Toronto. These interviews came about after a hostile hostage taking incident in the WCB building in Calgary, Alberta that was broadcast nation-wide.

The Office of Disability Issues is conducting various teleconferences regarding technology for persons with disabilities and we are very excited to be part of these discussions.

The president attended a meeting with the Canadian Pain Coalition in Toronto, in March of 2010. This meeting was part of a working group which is geared toward partnering and achieving CPC and CIWA goals and objectives. We are extremely excited to be part of this fantastic organization and look forward to a long partnership.

We continue to receive many inquiries from injured workers across Canada regarding their WCB claims. We are able to refer them to injured worker groups and other like minded organizations that help injured workers with their claims. We do need to update our database as it seems that there are new groups popping up and others closing down that we are unaware of. If anyone has any information that we could update our database and website with, it would be greatly appreciated.

Our next Board of Directors meeting will be held in Newfoundland in June or July sometime.

ONTARIO (Represented by G.Landry)

Lobbying to improve pensions has went well. 2.5% increase for 3 years

New Bill passed – you must be a paralegal to represent injured workers before WSIB. We should lobby for full legal aid for injured workers.

Dr. Lynn Shaw:

- Client insights on knowledge - use and access in return to work
- Opening doors to information for injured workers through knowledge exchange and research with consumer community groups
- Evaluating the support needs of injured workers in managing occupational transitions after injury
- Using metaphors to study occupational transitions
- Knowledge to action - Advisory Board request for nominations went out; none were reviewed
- The CIWA Board will assume this role. She will have two fact sheets ready for next meeting.

New Brunswick

How many services to injured workers have been discontinued at the Rehabilitation Centre based on erroneous information? Injured workers are being failed by a system that was intended to facilitate rehabilitation and return to work. Workers made great sacrifices, including giving up the right to sue our employers in exchange for this service.

We are calling on Minister Arseneault to look very closely at the decision making process of the Worksafe New Brunswick Board of Directors. Is the rehabilitation of injured workers still a priority or is it another issue that is being driven at any costs?

Michel Boudreau,
NBFL President

BC (Presented by Patti MacAhonic)

The government of BC made changes to WCB that have saved the employers hundreds of millions of dollars which directly, negatively affect injured workers.

April 22, 2009, BC cont'd ...

A Report released today by the BC Federation of Labour shows that controversial changes made by the Campbell government to the Workers Compensation Board (WCB) have resulted in massive cost-savings for employers but has come at a profound cost to injured workers.

"This Report shows the Campbell government's changes to WCB were based entirely on the false claim that the existing compensation system was unsustainable," says Jim Sinclair, President of the Federation. "Employers lobbied hard for these changes and they have been rewarded with huge cost-savings that have destroyed the lives of seriously injured workers."

The most extreme consequences of the changes are the effective elimination of loss of earnings pensions and the virtual elimination of vocational rehabilitation services. This has had a negative economic impact on thousands of permanently injured workers and their families.

"The loss of earnings pension is one of the most important benefits for a seriously injured worker," says Stan Guenther, one of the authors of the Report. "Without a pension and without the ability to work, an injured worker faces a lifetime of financial hardship."

The changes made to the WCB pension system have also led to the virtual elimination of any need for vocational rehabilitation. As a result, the WCB's rehabilitation budget was slashed from \$130 million in 2002 to just \$3 million in 2006.

"The loss of rehabilitation means the WCB has stopped providing the crucial assistance that injured workers need to return to the workplace and regain their ability to earn a living," said Janet Patterson, one of the authors of the Report.

"Employers are saving hundreds of millions of dollars because seriously injured workers are being denied the compensation they need while disability claims and workplace fatalities continue to rise," Sinclair added.

The Federation is calling on the provincial government to restore loss of earnings pensions, restore vocational rehabilitation services and implement the other recommendations made by the authors of the Report.

To see the full Report and Summary, [click here](#).

http://bcfed.ca/files/1520-09br-Insult%20to%20Injury_1.pdf

Patti has been searching for a suitable candidate to sit on the Board, but has been unsuccessful so far.

SASK (Represented by Rob Lindsay)

Western Injured Workers Society would like CIWA to become more involved as things are getting worse in the West.

QUEBEC

Visit – Info IRSST Newsletter at

http://www.irsst.qc.ca/files/documents/en/InfoIrsst/Actual/InfoIRSST_v08n01.htm

To read or download the whole story:

RESEARCH REPORT NOW AVAILABLE

4,4'-Diphenylmethane diisocyanate (MDI) Safety practices and concentration during polyurethane foam spraying

This study documented the practices relating to occupational health and safety (OHS) under a variety of conditions under which insulation work is done, and evaluated the MDI concentrations in the work areas. The workers run a risk of exposure to MDI in aerosol form, particularly when they do this work indoors. The report's authors note that nothing indicates that OHS practices are completely respected on Québec construction sites and recommend that the subject of respiratory and skin protection be integrated into the continuing training of workers.

DOWNLOAD THE REPORT at:

<http://www.irsst.qc.ca/files/documents/PubIRSST/R-629.pdf>

MANITOBA

Supreme Court absolves national union of liability for Giant Mine nine-fatality explosion

In a long-awaited 9-0 decision, the Supreme Court of Canada has ruled that the CAW as a national union is not liable for the actions of Roger Warren, a local union member who deliberately set an underground explosion that killed nine gold miners in the midst of a bitter and violent strike at the Giant Mine in the Northwest Territories. The Court held that the national union was a distinct legal entity from the local union and was neither directly nor vicariously responsible for what occurred.

Manitoba, cont'd ...

Upholding a 2008 decision by the Northwest Territories Court of Appeal that quashed a lower court judge's award of \$10.7 million in damages, the Supreme Court also found no liability on the part of either the Northwest Territories government or the Pinkerton's security firm hired by the mining company to protect the miners who replaced the striking workers during the bitter dispute.

The rest of this report is available at:

<http://www.lancasterhouse.com/>

NOVA SCOTIA

Injured civilian workers also battling government red tape

Letter to The Annapolis County Spectator

Article online since November 25th 2009, 19:57

Dear Editor:

Mrs. Dornan stated ('Military families battling red tape,' Spectator, November 19):

"If civilians are injured on the job, they can expect to receive assistance from Workers Compensation," she said. "But we have to prove everything, starting from

the fact that he served in Bosnia, to establishing a conclusive cause of his illness."

That is far from the truth. We as injured workers have received the same treatments by those that are meant to help us, namely WCB and our government. We have our rights and freedoms removed from us via government that allows for the WCB to lobby them for changes made to legislation that enable this illegal act.

Here in Canada we had a protest planned for December 10, 2009 as that is United Nations Human Rights Day, to take place at war memorials and monuments across Canada. We were told NO by the Royal Canadian Legion, even though those who sacrificed their lives to ensure our rights and freedoms, it was considered to be a disgraceful act upon us. They can fight for our rights and freedoms, but we are not allowed to have their support, for fighting for the same cause.

Also here is a link to the United Nations Human Rights Violations that we as injured workers are experiencing:

abusebyalbertasworkerscompensation.blogspot.com

Sincerely,
Ken Markkula
Bruce, AB

Website Links – Information Resources

Injured Workers Online

<http://www.injuredworkersonline.org/>

Poverty and suffering is too often the result of workplace injuries or diseases that affect approximately 300,000 workers and their families in Ontario.

[injuredworkersonline.org](http://www.injuredworkersonline.org) is a collaborative effort of injured workers, trade unionists, community activists and advocates, and doctors. We seek better treatment for injured workers by their employers, government and workers' compensation system.

- Learn more about the key issues and what's happening at Queen's Park to review and reform workers' compensation law.

- Facing poverty: how does Ontario's new strategy meet the needs of injured workers?
- Find local support groups and join the Ontario Network of Injured Workers' Groups (ONIWG) to help make a difference.
- Ontario's injured worker movement has a long and proud history. Read about it in the Injured Workers' History Project bulletins!
- Check on current worker-centred research projects and training.
- Understand your legal rights and access community legal information (CLEOnet updates)

NEW HARMONIZED GST/PST

In July (2010) the ONTARIO Government is set to put into force its new harmonized GST/PST sales tax which will apply a 13% sales tax to everything we purchase.

Things That Were Not Subject To The Current 8% PST Will Be Now Taxed at 8%.

- The new 13% tax will therefore apply to things like your electric bill, your gas bill, your water bill, condominium fees, insurance premiums, and every other good and service you purchase.. There are almost no exemptions.
- The current Ontario PST tax does not apply to services, nor does it apply to the purchase of certain goods.

The New 13% Tax will also apply to the purchase of All New Homes

- If a person were to purchase a new \$1 million dollar home in Toronto, they would have to pay roughly \$200,000 in taxes as a result of the Ontario land transfer tax, the new city of Toronto land transfer tax, and the new harmonized 13% GST/PST.
- The extension of the new 13% GST/PST to homes is simply a tax assault by the government on your primary home. They want to tax your primary home and you will suffer because of it.

The New 13% Tax Will Effectively Raise Your Income Taxes

Currently, the combined Federal/Ontario income tax rates are roughly 25% on the first \$20,000 of taxable income, 42% on the next \$40,000 of taxable income, and 46.5% on each dollar of taxable income over \$60,000. On top of that you have to add the "Fair Share Health Tax" of up to \$1,000 each of us has to pay.

If the Ontario Government gets away with implementing their new harmonized GST/PST sales tax of 13%, the top effective income tax rates in Ontario will be as follows (since you can't spend any of your tax paid dollars without paying the new harmonized 13% GST/PST tax):

38% on the first \$20,000
53% on the next \$40,000
59.5% on every dollar over \$60,000

On top of that, you have to pay your Ontario Fair Share Health Tax, your city realty taxes, your city garbage fees, your city water fees, your city street parking permit fees, your annual Ontario and new city of Toronto vehicle license plate fees, your Ontario land transfer tax, your new city of Toronto land transfer tax, your gasoline taxes, your liquor taxes, your air departure taxes, your entertainment taxes, and so on.

Of all the money you worked hard to earn, what percentage are you really keeping for your own use? 25%? 20%? 10%?

TAKE THIS ISSUE SERIOUSLY - FILL AND SIGN THE PETITION AT www.unfairtaxgrab.com AGAINST THE NEW HARMONIZED GST/PST TAX.

Repetitive Strain Injury Awareness Day - February 29

The Canadian Labour Congress calls on all levels of government to take the issue of Repetitive Strain Injury more seriously. Ergonomic regulations to protect Canadian workers from coast-to-coast-to-coast are long over due, as is proper enforcement of regulations where they currently exist.

This call for government action is supported by a Statistics Canada report going back to 2003, indicating that one out of every 10 Canadian adults had a repetitive strain injury (RSI) serious enough to limit their normal activities.

In terms of lost work time and reduced productivity, the cost of RSI to the economy demands action.

Among federal government workers alone, between 11,000 and 17,000 RSI claims are filed each year. The

total work days lost each year are estimated between 45,000 and 73,000. The estimated cost: between \$24 and \$40 million.

Broader studies, using a societal approach (regardless of payer) have placed the total cost of RSIs at \$26.6 billion, or about 3.4% of the gross domestic product.

Workers in sales or service, trades, transport or equipment operating, farming, forestry, fishing or mining, and processing/manufacturing or utilities are at high risks of reporting an RSI.

Women's jobs, especially office jobs and micro assembly work, often involve a high risk for RSI which may explain why generally, more women reported a new RSI to worker's compensation boards.

Repetitive strain injury creates significant personal and economic burden for workers and also has a major impact on health care costs, since many of these injuries are not reported to worker's compensation boards.

Work stress deriving from a fast work pace, role ambiguity, worry and monotonous tasks have been associated with RSIs in the past. The Statistics Canada report supports the association between work stress and RSIs.

In 2000, amendments to the Canada Labour Code Part II included the prescription of ergonomics standards in the federal jurisdiction. In 2002, union representatives started to work with government representatives in order to develop regulations on ergonomics.

Today, we have regulations in some provinces and, federally, ergonomics have been incorporated in the Hazard Prevention Regulations. While this is a victory, there is still much to be done to ensure enforcement of these regulations.

We call on the federal government to ensure that the ergonomic regulations which were recently incorporated in the federal Hazard Prevention Regulations, be enforced.

We also call on the government to provide proper training to federal workplace inspectors so that ergonomic hazards are identified and eliminated wherever possible.

We call on provincial and territorial governments to introduce ergonomic regulations if they have not yet done so.

Deadlier than Cocaine, Heroin, and the Swine Flu?

Posted by [Dr. Mercola](#) | November 21 2009 |

Addiction to prescription painkillers — which kill thousands of Americans a year — has become a largely unrecognized epidemic, experts say.



In fact, prescription drugs cause most of the more than 26,000 fatal overdoses each year, says Leonard Paulozzi of the Centers for Disease Control and Prevention.

The number of overdose deaths from opioid painkillers — opium-like drugs that include morphine and codeine — more than tripled from 1999 to 2006, to 13,800 deaths that year, according to recently released CDC statistics.

In the past, most overdoses were due to illegal narcotics, such as heroin, with most deaths in big cities. Prescription painkillers have now surpassed heroin and cocaine however, as the leading cause of fatal overdoses, Paulozzi says.

Experts say it's easy to see why so many Americans are abusing painkillers. As Americans age and carry extra pounds, more are asking for pain relief to cope with joint problems, back pain and other ailments.

Sources:

- » [USA Today October 2, 2009](#)
- » [Orthomolecular.org October 27, 2009](#)
- » [Daily Mail August 11, 2009](#)

Canada Ratifies UN Convention on the Rights of Persons with Disabilities

(No. 99 - March 11, 2010 - 11:15 a.m. ET)

The Honourable Lawrence Cannon, Minister of Foreign Affairs, and the Honourable Diane Finley, Minister of Human Resources and Skills Development, today announced that, with the support of all provinces and territories, the Government of Canada has ratified the Convention on the Rights of Persons with Disabilities at United Nations headquarters in New York City.

"Canada is committed to promoting and protecting the rights of persons with disabilities and enabling their full participation in society," said Minister Cannon. "Ratification of this convention underscores the Government of Canada's strong commitment to this goal."

"Canada is proud to have been one of the first countries to originally sign the Convention in 2007,"

said Minister Finley. "The ratification of this agreement is just further acknowledgement that Canada is a world leader in providing persons with disabilities the same opportunities in life as all Canadians."

"Today is a momentous day for Canadians with disabilities and their families," said Bendina Miller, President of the Canadian Association for Community Living (CACL). "CACL is thrilled that Canada has ratified the Convention. Canada has been an international leader on disability and human rights, and through ratification can continue to play this important role. CACL looks forward to working with the Government of Canada on implementing and monitoring compliance with the Convention."

"The Government of Canada's ratification today of the Convention is a historic event for Canadians with disabilities," said Marie White, National Chairperson of the Council of Canadians with Disabilities. "It signals the end of an era where people with disabilities were seen as objects of charity. Ratification of the Convention makes real our goal of recognition as full and equal citizens of Canada."

"Ratification of the Convention puts an end to the medical model and opens exciting new opportunities for building a more inclusive and accessible Canada. Canadians with disabilities applaud the Government of Canada for this historic action."

"As the Government of Canada continues to play a leading role with respect to the inclusion of persons with disabilities in sport, we wish our paralympic

athletes the best of luck at the upcoming Paralympic Games in Vancouver," said Minister Cannon.

The Convention on the Rights of Persons with Disabilities is an international human rights instrument of the United Nations intended to protect the rights and dignity of persons with disabilities. Parties to the Convention are required to promote, protect and ensure the full enjoyment of human rights by persons with disabilities, and to ensure that they enjoy full equality under the law.

There are approximately 4.4 million persons with disabilities in Canada—about 14.3 percent of the population.

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Backgrounder - UN Convention on the Rights of Persons with Disabilities

The United Nations General Assembly adopted the Convention on the Rights of Persons with Disabilities on December 13, 2006, after several years of negotiation in which Canada took an active role. Canada was among the first countries to sign the Convention when it was opened for signature on March 30, 2007.

The purpose of the Convention is "to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity." It reaffirms for persons with disabilities existing civil, political, economic, social and cultural rights set out in international law.

The Convention's core obligations relate to non-discrimination and reasonable accommodation. These core obligations are then elaborated in specific provisions that address such issues as freedom of

expression, political rights, liberty and security of the person, legal capacity, education, health and employment. The Convention also contains provisions on issues unique to people with disabilities, such as accessibility, independent living and inclusion in the community, as well as the processes of rehabilitation and habilitation, through which those with disabilities learn to function fully in society.

The Government of Canada consulted provincial and territorial governments throughout the Convention's negotiation, signature and ratification processes. The Canadian government also consulted civil society through a national round table with stakeholders, and an online consultation open to the public. It also sought the views of self-governing Aboriginal groups on how ratification of the Convention might affect their communities.

Mourning Day Act

<http://www.ccohs.ca/events/mourning/act.html>

S.C. 1991, c. 15

An Act respecting a Day of Mourning for Persons Killed or Injured in the Workplace
[Assented to 1st February, 1991]

WHEREAS it is desirable that Canadians should designate a day of mourning to remember workers killed, disabled or injured in the workplace and workers afflicted with industrial disease;

AND WHEREAS Canadians seek earnestly to set an example of their commitment to the issue of health and safety in the workplace;

NOW, THEREFORE, Her Majesty, by and with the advice and consent of the Senate and House of Commons of Canada, enacts as follows

Short title

1. This Act may be cited as the Workers Mourning Day Act.

Day of Mourning

2. (1) Throughout Canada, in each and every year, the 28th day of April shall be known under the name of "Day of Mourning for Persons Killed or Injured in the Workplace".

(2) For greater certainty, the Day of Mourning for Persons Killed or Injured in the Workplace is not a legal holiday or a non-juridical day and shall not be required to be kept or observed as such.

National Day of Mourning, April 28, 2010 - CLC Statement

Posted: Thursday, 15 April 2010

Is today the day you die at work?

<http://www.canadianlabour.ca/news-room/statements/national-day-mourning-april-28-2010-clc-statement>

Over the past twenty-five years, successive governments have pledged their support to workers and their unions. They announced new workplace health and safety laws and regulations - some of the best in the world. Unfortunately, they have failed to provide the resources needed to enforce those new laws.

Over the last twenty-five years, the number of Canadians who die every year because of something that happened to them at work has been steadily growing. We know that hundreds more deaths occur due to exposures to carcinogens and toxins in the workplace, but they are never identified or accepted as work-related by Workers' Compensation Boards. The slogan for the CLC National Day of Mourning, "Is today the day you die at work?" asks, why is it that so many Canadians unjustly lose their life?

Sadly, for 2008, the most recent year for which we have statistics, 1,036 Canadians lost their lives because of their work.

This is the reason why Canada's workplaces claim a growing number of lives every year; the laws are not

enforced, so reckless employers are allowed to carry on without consequence.

It's time for the federal government and the provincial and territorial governments to appoint special prosecutors to lay charges under the Criminal Code against employers when their actions cause death or serious injury. More inspectors must be hired to ensure employers comply with the law. Government regulators must be held accountable for this carnage that seems to go unchecked.

As we take time today, April 28th, to remember those who have lost their lives, been injured or became ill, due to their work, I ask you to do more than reflect on the importance of health and safety, I ask you to think of those who are closest to you, your child, your spouse, your sibling, your parent, your best friend. Consider the role they play in your life and your family's lives. Imagine if their life was taken from them. Every single one of those 1,036 lives that ended in 2008 had dreams, had a mom and had people who loved and continue to love and miss them.

In Solidarity,
Ken Georgetti, President

Ontario:

Correen DiFlorio (IWC)" <DifloriC@lao.on.ca>

On Christmas Eve 2009, four workers were killed and one seriously injured when a construction swing stage snapped in half and plummeted 13 storeys to the ground.

Another 400 Ontario workers were killed the same year and about 374,000 were injured. On Wednesday, April, 28th join the Toronto and York Region Labour Council as we remember our sisters and brothers who have been killed on the job or who have died as a result of workplace diseases.

This special day also offers an opportunity to re-dedicate our efforts to achieve healthier and safer workplaces and seek justice and fair compensation for injured workers.

Toronto Location:

Nathan Philips Square,
100 Queen Street West

Date: Wednesday, April 28th, 2010 at
12:00 Noon

For more information contact the Toronto and York Region Labour Council at:

416-441-3663 or Enzo Mancuso @ 416-522-2386

New Brunswick

<http://www.gnb.ca/cnb/news/wcs/2010e0160wc.htm>

New Brunswick will soon have a seventh Day of Mourning monument, which will be erected at the entrance to the Hatheway Labour Exhibit Centre (Lily Lake Pavilion) in Rockwood Park in Saint John. The mock-up was unveiled at a ceremony in October 2009. The monument will take over a year to complete, and the official unveiling is planned for the Day of Mourning commemorative ceremonies on April 28, 2011.

For further information on the Day of Mourning monuments and other labour landmarks in New Brunswick, visit the [Labour History in New Brunswick](http://www.lhtnb.ca/) website. <http://www.lhtnb.ca/>

10/02/05

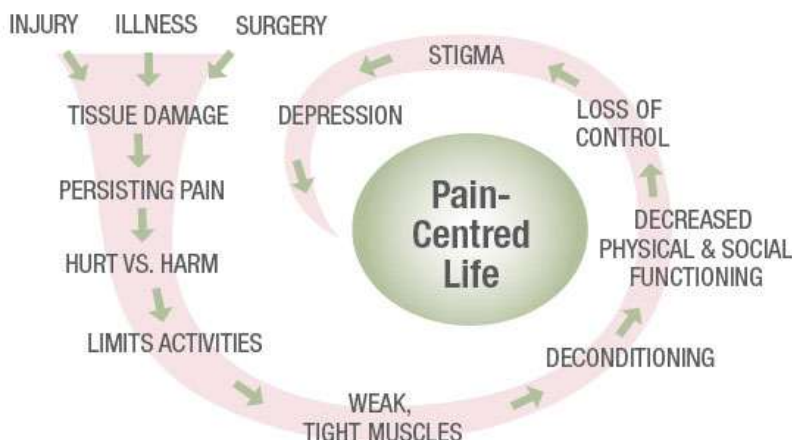
MEDIA CONTACTS: Elizabeth Joubert, communications, Department of Wellness, Culture and Sport, 506-457-6445; Nicole Lang, Université de Moncton, Edmundston campus, 506-737-5191

Chronic Pain

Visit the Canadian Pain Coalition website for more information:

<http://www.canadianpaincoalition.ca/index.php/en/help-centre/conquering-pain/stress-pain>

Is There a Connection Between Pain, Stress and Depression? What Can I Do Myself to Lower Stress?



Chronic pain disrupts your life, lessens your ability to handle stress, weakens your immune system, and can result in anxiety, anger, and depression. Depression is one of the most common problems experienced by people with chronic pain. If pain results in a loss of independence or mobility that decreases an individual's participation in social activities, the risk of depression significantly increases. **If you suspect that you may be depressed, it is very important that you discuss this with your doctor.**

Your brain can send signals to your body that can affect the way you experience pain. These signals use chemicals similar to morphine (called endorphins) that naturally occur in your body. Relaxation exercises with visual imagery can help you take advantage of these endorphins to cope with your pain and the stress it causes.

Here are the steps to follow:

- See our website for a downloadable video.
- Sit in a comfortable position in a quiet room.
- Take three deep breaths. Feel the air rush in through your nose when you inhale, and then blow the air out as you exhale. Listen to the sound this makes.
- Think of a place where you felt really safe and in control of your pain. It could be the beach where you spent your last vacation or sitting by the window in your home, for example. Picture yourself there now. Imagine what it feels like to sit in that favourite spot, with the wind through your hair or the warm sun on your face.
- Keep taking deep breaths.
- Now turn your attention to your body. Pay attention to your pain. What colour is it? Is it a sharp, bright orange? A dark, cloudy grey colour? Picture where that colour is on your body.
- Now as you take slow breaths, feel how you can control that colour. See it slowly getting lighter and lighter with each breath. Feel the pain flow out little by little as you exhale. See how the colour shrinks down to a smaller size as you breathe in and out.
- Imagine that the parts of your body that are in the least pain are spreading decreasing the intensity of your pain.
- Picture yourself in control of your pain, right here in your safe place. Take a few more deep breaths, feeling the air rush in through your nose when you inhale and the air blowing out as you exhale.
- Picture that light, soft colour that lets you know you are in control of your pain. Stay there in that safe spot for a while, listening to your breath, or open your eyes when you feel ready.
- You can repeat this exercise several times a day if you need to. It may be helpful to have someone read it to you. Try it when you can feel your pain starting up. Don't wait until your pain gets severe. This exercise is one of the tools you can use to stay in control of your pain. The exercise becomes more powerful the more you practice it. Don't give up if you do not get results the first few times.

Relaxation with music.

You can turn listening to music into a relaxation exercise. Use music that makes you feel good. Some people prefer music with no lyrics for these exercises. Others enjoy recordings of nature sounds. Find a quiet room and make yourself comfortable. Take three deep breaths. Feel the air rush in through your nose when you inhale, and then blow the air out as you exhale. Put on your stereo or your headphones and listen to your chosen music. You can close your eyes if you like. Try to concentrate on the music itself and block out other thoughts you are having.

You can stay like this for twenty minutes if you like, and you can make this another tool that you use daily to stay in control of your pain.

CIWA/ACVAMT IS ABOUT	OUR GOALS	PUBLICATIONS AVAILABLE
Support We are a national network of injured worker's groups (IWG's) and we exist to strengthen and support the work of local and provincial IWG's across Canada. Independence We believe that injured workers should be in control of their own destinies & Injured Workers Groups must be democratically controlled by injured workers. Partnerships We believe that we can best assist these objectives by providing training and educational resources in partnership with provincial or territorial organizations of injured workers and the trade union movement at all levels. Information Sharing We believe that by sharing our stories and our experience we can learn from each other and become better educated and exert more control over our lives.	✓ To work towards a just system of compensation, rehabilitation and re-employment in all of Canada. ✓ To provide a national forum for debating issues concerning injured workers at national conferences and board workshops. ✓ To gather and share information with groups across Canada. ✓ To improve the Occupational Health & Safety of workers across Canada. ✓ To identify and make available, educational and training resources produced by the union movement and other agencies, that focus on organizing and maintaining effective injured worker groups. ✓ To enhance the local base of the injured workers movement through all our activities. ✓ To form partnerships that will achieve common goals.	❑ The VOICE OF INJURED WORKER ❑ PLAIN TALK ❑ HOW TO IMPROVE RELATIONS BETWEEN INJURED WORKERS & ORGANIZED LABOUR ❑ REPORT ON RELATIONS WITH LABOUR SESSION AT CIWA NATIONAL CONFERENCE, REGINA 1992 ❑ RETURNING TO WORK ❑ VOC REHAB & RE-EMPLOYMENT FROM THE INJURED WORKER'S PERSPECTIVE ❑ INJURED WORKERS ... ON THE MOVE ❑ COMING TOGETHER <u>VIDEOS & WORKBOOKS</u> ❑ YOUTH PROJECT MANUAL, 2002 ❑ SURVIVORS, 1997 ❑ TOGETHER WE CAN WIN, 1997 ❑ PEER HELPER TRAINING MANUAL, 2000 - "PEOPLE HELPING PEOPLE" ❑ LE COMBAT QUOTIDIEN DES VICTIMES DU TRAVAIL, 1999 <u>To find out more, please contact us at:</u> CIWA/ACVAMT 1201 Jasper Drive Thunder Bay, ON P7B 6R2 Ph: 807-345-3429/Fx: 807-344-8683 Toll Free: 1-877-787-7010 Email: ciwa@vianet.ca Web Site: www.ciwa.ca

Connect with an injured workers group near you.

Check out our web site at: www.ciwa.ca

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Call our office at (807) 345-3429 or Toll Free at 1-877-787-7010

This Newsletter is intended to share information of interest to injured workers/ groups / organizations, union activists and their supporters. It provides a forum for sharing our experiences - so we can learn from each other - in order to improve the lives of injured and disabled workers and the system that is there to assist them.