

FOREIGN WORKERS: KNOW YOUR RIGHTS



In Canada, the rights of all workers are protected by law. You can get information about employment laws and your rights by calling the number listed below in the province or territory where you work.

WORKPLACE HEALTH AND SAFETY OFFICES Contact for concerns about DANGEROUS WORK or WORKPLACE SAFETY		EMPLOYMENT STANDARDS OFFICES Contact for PROBLEMS WITH PAY or your HOURS OF WORK	
Alberta	1-866-415-8690	Alberta	1-877-427-3731
British Columbia	1-888-621-7233	British Columbia	1-800-663-3316
Manitoba	1-855-957-7233	Manitoba	1-800-821-4307
New Brunswick	1-800-222-9775	New Brunswick	1-888-452-2687
Newfoundland and Labrador	1-800-563-5471	Newfoundland and Labrador	1-877-563-1063
Northwest Territories	1-800-661-0792	Northwest Territories	1-888-700-5707
Nova Scotia	1-800-952-2687	Nova Scotia	1-888-315-0110
Nunavut	1-877-404-4407	Nunavut	1-877-806-8402
Ontario	1-877-202-0008	Ontario	1-800-531-5551
Prince Edward Island	1-800-237-5049	Prince Edward Island	1-800-333-4362
Quebec	1-844-838-0808	Quebec	1-800-265-1414
Saskatchewan	1-800-567-7233	Saskatchewan	1-800-667-1783
Yukon	1-800-661-0443	Yukon	1-800-661-0408 ext. 5944

For police, fire, ambulance or urgent help, call 9-1-1.

For more information on the rights of foreign workers in Canada or to report abuse,
please visit: canada.ca/foreign-worker-rights

