



CN Pensioners Association Post Retirement guidance on illness, injuries or hearing loss which may be related to your career at CN.

Many CN Pensioners worked in positions subject to various workplace hazards including loud noises, heavy manual labour and repetitive tasks. Protective equipment was not as prevalent in the workplace and you may be currently suffering from a workplace illness or injury related to your work duties during your career with CN.

If you are suffering from an injury or illness that you believe is related to your work with CN, please see your physician and review the following information which will assist you in starting your claim with the Workers' Compensation Board (or CNESST in Quebec).



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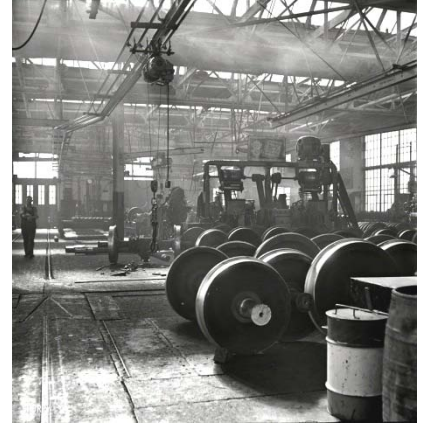
Am I eligible?

Many of the medical issues CN Pensioners encounter as they age will likely have little or no direct relationship to their previous work history at CN. Workers' compensation covers a work-related injury and illness. If you feel you were injured during your previous work at CN, you should file a claim and let the Workers' Compensation Board (WCB) decide whether you have coverage. This includes claims for Noise Induced Hearing Loss.

A WCB claim starts when a report is filed by the worker, the employer, or the doctor. Please ensure you advise your doctor that you are being examined for a potential workplace injury or illness. Your doctor will complete a Health Professional Report and submit to the Workers' Compensation Board.

YOU also are required to report the injury or illness as soon as possible. YOU should keep records of your calls with the WCB and CN as well as records of any medical treatment you receive for your potential workplace injury.

Once the WCB has obtained all the necessary information to make a decision, they will communicate with you directly.



Filing a Claim

To file a claim, YOU should go online to your respective PROVINCIAL Workers' Compensation Board (WCB) and follow the outlined process. Claims can be filed on-line, by mail or in person at your local Workers' Compensation Board. A claim is typically submitted through the WCB in the province where you suffered the workplace injury or illness. You can find the Provincial WCB link on a following page. Pensioners should refer to the relevant resources and documentation available on the website to ensure that they are well-informed throughout the process, including time limits.

If you are unable to use computers or navigate the websites, you may wish to have a family member or friend assist you with the process. You should understand that in all provinces, there are statutory limitations for the filing of claims including claims for noise induced hearing loss. However, this should not be a deterrent to filing a claim if you believe you were hurt at work. You may have justification for a time limit to potentially be waived.

If you plan to file a claim, you will need to have detailed medical information, your complete work history, including locations, dates and positions worked. CN Pension & Benefits Administration may have some of your more recent work history (1-800-361-0739).

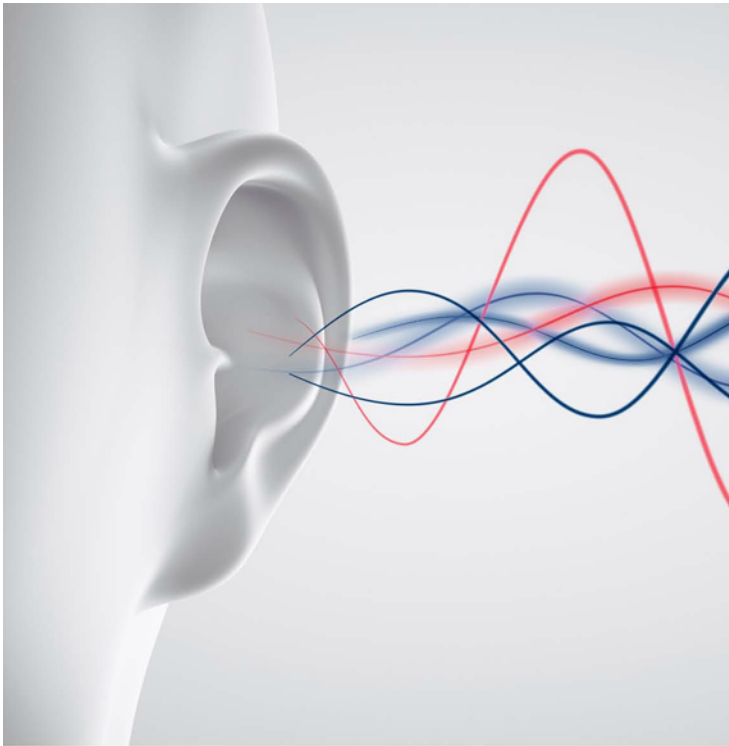
Contact Listing of Provincial Workers' Compensation Offices in Canada

Newfoundland & Labrador	<i>Workplace NL</i> - Click Here , and then click on SUBMIT a Claim For questions or assistance in filing a claim phone 1-800 563-9000
New Brunswick	<i>WorksafeNB</i> - Click Here , and then click on Start a Claim Process For questions or assistance in filing a claim phone 1-800 999-9775
Nova Scotia	<i>Workers' Compensation Board of Nova Scotia</i> - Click Here - then review the claim submission process information or call 1-800-870-3331
PEI	<i>Workers' Compensation Board of PEI</i> - Click Here - then review the claim submission process information or call 1-800-870-3331
Quebec	<i>CNESST</i> - Click Here - then follow the step by step claim process or call 1-844-838-0808
Ontario	<i>WSIB - Ontario</i> - Click Here - then follow the step by step claim process or call 1-800-387-0750
Manitoba	<i>Workers Compensation Board of Manitoba</i> - Click Here - then read and follow the step by step claim process or call 1-855-954-4321
Saskatchewan	<i>Workers Compensation Board of Saskatchewan</i> - Click Here - then review the claim filing options or call 1-800-667-7590
Alberta	<i>Workers Compensation Board - Alberta</i> - Click Here - then read about how to file the claim or call 1-866-922-9221
British Columbia	<i>Work Safe BC</i> - Click Here - read the instructions on filing a claim or call 1-888-967-5377

If you need additional guidance after you have filed a claim or need additional information on claims and process, you can call the following CN specialists in the assigned provinces

Province	Contact	Phone	FAX	Email	Departments
British Columbia	Nadine Bulmer	780-472-3889	905-760-3490	nadine.bulmer@cn.ca	Intermodal, Mechanical, Engineering
	Kathy Vukasinovic	780-643-7692	905-760-3490	Kathy.Vukasinovic@cn.ca	Transportation
Alberta	Stephanie Wright	780-472-3234	905-760-3490	Stephanie.wright@cn.ca	
Saskatchewan & Manitoba	Daniel Kawaler	204-231-7683	905-760-3490	daniel.kawaler@cn.ca	
	Gillian Gordon	204-231-7182	905-760-3490	gillian.gordon@cn.ca	
Ontario & Maritimes	Tania Cialone	905-669-3091	905-760-3490	tania.cialone@cn.ca	
	Laura Waller	905-669-3150	905-760-3490	laura.waller@cn.ca	
	Mike DeMarco	905-669-3107	905-760-3490	mike.demarco@cn.ca	
	Colette Gauthier	905-669-3064	905-760-3490	Colette.gauthier@cn.ca	
Quebec	Marie-Josée Rochon	514-734-2266	905-760-3490	marie-josée.rochon@cn.ca	

CN has provided us with additional information related specifically to potential hearing loss claims. Please review the attached CN brochure before filing a claim as outlined above.



Hearing loss

If you believe your hearing loss is related to noise exposure at work, it is important to talk to your doctor and seek a diagnosis.

Is my hearing loss the result of my work duties?

A claim for hearing loss may be accepted by the Workers' Compensation Board (WCB) when it is the result of a specific work injury or exposure to noise in the workplace.

In order for a claim for occupational noise-induced hearing loss to be considered by the WCB, the following criteria must be met:

- There is a clear history of prolonged occupational noise exposure in excess of the Occupational Exposure Limits set by the WCB while the worker was working, and
- The pattern of hearing loss shown on the worker's audiogram is consistent with occupational noise-induced hearing loss.



Getting a hearing assessment

All retiring CN employees receive a Retirement Application Form to complete, which includes a hearing assessment form. **For reimbursement of your hearing assessment fees, submit the completed form and your audiogram invoice/receipt to CN's Occupational Health Services:**

Eastern Region:

1-888-807-6777 Option 1

Fax: 514-399-7140

Email: ohs_eastern@cn.ca

Western Region:

1-888-807-6777 Option 2

Fax: 780-472-4066

Email: ohs_western@cn.ca

Submitting an application

If you wish to submit a claim, review the hearing loss application package located on your provincial WCB web site or the CNESST web site in Quebec. Fill out all required sections and submit your completed forms along with copies of all audiograms (past and current) to your WCB or the CNESST. You will find instructions on how to submit your application online.

Once received, your application will be reviewed by the WCB or CNESST to determine if your hearing loss has been caused by occupational noise exposure while working. Following their review, the WCB or CNESST will then communicate their decision to you along with any next steps.

Your audiologist can help

Your audiologist is a good source of information to review your audiogram pattern and work history, and advise you on the application process.

Reminder – Time limits are legislated provincially

Workers' Compensation Boards and the CNESST have time limits to apply for compensation. Please ensure your application is made within the time limits for your location.

For further information or inquiries, please contact your provincial Workers' Compensation Board or, if living in Quebec, the CNESST.

