



PROTECTION FOR
TEMPORARY FOREIGN
WORKERS

[May 2021]

In Canada, the rights of all workers are protected by law. It is important that you understand your rights while you are in Canada as a temporary foreign worker.

Your employer must:

- Pay you for your work
- Ensure that your workplace is safe
- Give you break time and days off
- Respect the terms of your written contract

Your employer cannot:

- Force you to perform duties that you were not hired or trained to do
- Force you to work if you are sick or injured
- Take your passport or work permit away from you
- Have you deported from Canada or change your immigration status
- Make you pay them back for fees they paid to hire you

For information on contracts and health and safety, see [here](#)

Workplace health and safety offices

(Call if you have been asked to do dangerous work or if conditions at your workplace are unsafe)

- [Alberta](#): 1-866-415-8690
- [British Columbia](#): 1-888-621-7233
- [Manitoba](#): 1-855-957-7233
- [New Brunswick](#): 1-800-222-9775
- [Newfoundland and Labrador](#): 1-800-563-5471
- [Northwest Territories and Nunavut](#): 1-800-661-0792
- [Nova Scotia](#): 1-800-952-2687
- [Ontario](#): 1-877-202-0008
- [Prince Edward Island](#): 1-800-237-5049
- [Quebec](#): 1-844-838-0808
- [Saskatchewan](#): 1-800-567-7233
- [Yukon](#): 1-800-661-0443

Employment standards offices

(Call if you have a problem with your pay, your hours of work, or if you are being treated unfairly at work)

- [Alberta](#): 1-877-427-3731
- [British Columbia](#): 1-800-663-3316
- [Manitoba](#): 1-800-821-4307
- [New Brunswick](#): 1-888-452-2687
- [Newfoundland and Labrador](#): 1-877-563-1063
- [Northwest Territories](#): 1-888-700-5707
- [Nova Scotia](#): 1-888-315-0110
- [Nunavut](#): 1-877-806-8402
- [Ontario](#): 1-800-531-5551
- [Prince Edward Island](#): 1-800-333-4360
- [Quebec](#): 1-800-265-1414
- [Saskatchewan](#): 1-800-667-1783
- [Yukon](#): 1-800-661-0408, extension 5944

If you suspect misuse or abuse of the Temporary Foreign Workers Program, please submit a report to IRCC who will investigate this abuse. See [here](#)