Annual Report

2005

Yukon Workers' Compensation Health and Safety Board





HEALTH AND SAFETY BOARD DU YUKON

YUKON WORKERS' COMMISSION DE LA COMPENSATION SANTÉ ET DE LA SÉCURITÉ **AU TRAVAIL**

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Message from the Board of Directors

n the early 1900s, Sir William Meredith developed the principles upon which all Canadian workers' compensation systems would be based: an independent body would administer a no-fault, employer-funded, collective liability system while injured workers would receive guaranteed benefits, enshrined in legislation, in return for giving up the right to sue their employer.

In 2005, the Yukon Workers' Compensation Health and Safety Board renewed and invigorated the Meredith principles by increasing the involvement of stakeholders in the system, by refocusing on the governance role of the Board of Directors, and by developing a new strategic plan for the future.

Moving Forward Together

In reviewing and enhancing its Governance Guide, as well as through undertaking governance training and a strategic planning process, the Board of Directors has refocused on its vital role as governors of the workers' compensation system. A new President/CEO was hired in 2005 to lead the organization in fulfilling its mission and moving towards the 2010 vision outlined in the 2006 - 2010 Strategic Plan.

Our vision is to see a Yukon where there are significantly fewer workplace injuries and illnesses. A Yukon where those who are injured/ill as a result of workplace incidents maximize their return to work and recovery potential through quality health care and comprehensive, early rehabilitation. We can achieve this vision by living our core values of partnership, shared accountability and compassion.

In 2005, we worked with our stakeholders through our extensive *Working Together on Prevention* consultation with the Prevention and Safety Advisory Group to develop a Prevention Strategy that will be used to guide our operational plans for prevention over the next few years. The Prevention Strategy is the guide to accessing \$ 5 million, which the Board has made available to stakeholders over the next five years for projects that will enhance safety and return-to-work programs, communication, training, and/or education in the Territory. A new social marketing safety campaign, *Think about it,* was launched in December to raise awareness of workplace safety and workplace injuries/illnesses. This program calls us all to action to make Yukon workplaces the safest in Canada.

Our Stakeholder Advisory Committee, as well as the Policy Working Group, worked with us to advance our policy review and development plans. We look forward to continuing to work with these groups to ensure that we have relevant and meaningful policies.

The Board has defined a new direction and established plans. We have developed some of the partnerships required; others are still needed. The Yukon Construction Safety Association has broadened its mandate to address the safety needs of all industries through the development of the Northern Safety Network Yukon. The Board is pleased to partner with industry association and labour organizations in this 2006 initiative.

Looking to the future, another partner – health care providers – will become even more pivotal in the workers' compensation system. We look forward to working with all provider groups to develop accountability agreements for the provision of treatment and services to injured/ill workers. These agreements will also outline the Board's inclusion of providers in appropriate policy consultation and other services, such as specialized training, that the Board will provide to our health care partners.

Having an up-to-date legislative framework is paramount to helping us achieve our goals. Positive progress on the new *Occupational Health and Safety Regulations* and the review of the *Workers' Compensation Act* has the Board of Directors looking forward to the opportunities that 2006 will bring.

The Yukon can be the safest place to work in Canada. We can minimize the effects of workplace injuries/illnesses by maximizing return to work and recovery opportunities for injured/ill workers. We can have the lowest assessment rates in the country. By sharing responsibility and by working in partnership with our stakeholders, we will move forward together.

What is your role in achieving this vision? Please take the time to think about it.

Members of the Board

The Yukon Workers' Compensation Health and Safety Board (YWCHSB) is governed by a Board of Directors made up of two employer representatives, two worker representatives, a neutral chair and a neutral alternate chair. The chair of the Yukon Workers' Compensation Appeal Tribunal and the president of the YWCHSB sit as non-voting members.

Craig Tuton, Chair Appointed March 31, 2003 – March 30, 2006 (reappointed April 1, 2006 – March 31, 2009)

Phil Dyke, Alternate Chair Appointed August 15, 2003 – August 14, 2006

Barbara Evans, *Worker Representative*Appointed September 19, 2005 – September 18, 2008
(Earlier appointments: March 1, 2000 – September 15, 2002; September 19, 2002 – September 18, 2005)

Michelle Kolla, Worker Representative Appointed July 21, 2003 – July 20, 2006 (Earlier appointment: July 10, 2001 – July 9, 2003)

Gary Annau, Employer Representative Appointed November 29, 2005 – November 28, 2008 (Earlier appointment: November 29, 2004 – November 28, 2005)

Don Frizzell, Employer Representative
Appointed December 23, 2004 – December 22, 2007
(Earlier appointment: December 23, 2002 – December 22, 2004)

Ed Sumner, Workers' Compensation Appeal Tribunal Chair Appointed March 31, 2003 – March 30, 2006

Valerie Royle, President/CEO (Tony Armstrong, January – May 2005; Gerry Meier, January – August 2005)

Making a difference: 2005

Results-Based Management

In early 2005, the YWCHSB set out on a journey to change how it thought about its organization. Through its balanced scorecard, the Board has identified key results and indicators in the following key areas of the organization: Service Quality, Financial Status, Legislative Compliance, Organizational Culture and Workplace Culture.

This framework supports the Board's governance approach by ensuring that, over time, the YWCHSB's performance can be meaningfully assessed, and that its strategies and resources are aligned to the results that matter to clients and partners.

For example, the YWCHSB is committed to working with Yukon residents and organizations in achieving these key differences:

- Maintain Fully Funded Status
- Reduce Claims Costs by 25 % Over Five Years
- Maintain Average Assessment Rate Among The Lowest Three in Canada
- Achieve Position Among the Lowest Five in Claims Duration in Canada by 2010
- Achieve Position Among the Best Five in Average Return to Work Time in Canada by 2010
- Maintain a Level of 75 % Stakeholder Satisfaction
- Achieve 100 % WCB Compliance with All Acts, Regulations and Policies
- Maintain Strong and Competent Management Team Optimum Level of Staff Morale
- Increase in Stakeholder Compliance by 10 % Annually
- Reduce Injuries by 10 % per Year
- Increase the Number of Large Employers with Return to Work Plans by 5 % Annually
- Increase Employers with Safety Management Programs
- 100 % Accuracy in Defining and Reporting Workplace Injuries

The YWCHSB is committed to making a difference in the lives of Yukon workers and employers. In 2005, YWCHSB worked with stakeholders to begin moving forward together to make these differences.

Prevention Strategy

With the goal of improving safety in Yukon workplaces, the YWCHSB, in conjunction with its stakeholder group, the Prevention and Safety Advisory Group, launched a five-year Prevention Strategy to ensure that prevention efforts are focused on long term, strategic prevention goals that promote a culture of safety and wellness in the areas of: education, communication, empowerment, incentives, safe return to work and compliance. As a step towards the education goal, a pilot training program, Start Safe Stay Safe, was developed in partnership with the Yukon Construction Safety Association and Yukon College, and was delivered in 2005. This program is designed to prepare young workers for typical hazards they might encounter in their summer jobs.

Prevention Fund

The YWCHSB created a five-year \$ 5 million Prevention Fund to empower Yukon workers and employers to help make Yukon workplaces safe and healthy. Applications to the Fund were invited in late 2005 for prevention-related projects that can benefit all Yukon workplaces through addressing key results outlined in the Prevention Strategy. Applications are welcome from 2005 to 2009. Information is available on the YWCHSB website at www.wcb.yk.ca.

Think about it

Preventing workplace injuries and illness was highlighted in 2005 through communicating the annual Day of Mourning and Passport to Safety, an online program providing basic safety awareness to young workers. Between January 2004 and December 2005, 21 Yukon employers signed up for the program. Prevention awareness was also strengthened by the corporate initiative, Working Together on Prevention. Stakeholder consultation occurred and feedback was gathered on three issues identified by stakeholders and the YWCHSB: prevention, economic incentives, and indoor air quality.

A new Prevention campaign was launched at the beginning of December. The biggest barriers to making Yukon workplaces safer are assumptions and attitudes; Think about it presents a new message each month, encouraging all Yukoners to challenge common assumptions and attitudes about safety.

Early Return to Work and Recovery

Early intervention to empower injured workers to return to work and recover from workplace injuries/illnesses is critical for positive outcomes for injured workers, employers and workplaces. YWCHSB staff must be enabled to intervene earlier in claims to assist injured workers and their employers. To this end, the recommendations of a needs assessment. conducted for the YWCHSB claims management process, were implemented in 2005. As well, a new rehabilitation policy was developed in conjunction with stakeholders through the Policy Working Group. Implementation of this new policy began in 2005 and a contract was signed for the development of a new claims management system. The rehabilitation policy focuses on a team approach to return to work and an increased involvement of the injured worker in his or her return to work and recovery. The claims management system will give YWCHSB staff some of the tools needed to be able to more quickly meet the needs of clients.

Health care is another vital aspect of the return to work and recovery of injured workers. The YWCHSB continued to offer education sessions to physicians and in 2006, the YWCHSB plans to widen its education and partnership focus to include all health care providers.

Financial Stability

In 2005, a new funding policy restructuring the YWCHSB's reserves was approved and implemented to ensure a more stable compensation fund. Investment revenue is very important to maintaining financial stability; therefore, the YWCHSB's investment policy was reviewed and updated.

The YWCHSB increased its presence and public awareness of its assessment-related services to employers in several Yukon communities. As a result, audit activity grew to 335 audits, representing over \$ 246,100,000 in payroll and resulting in additional revenue of \$ 92,000. Over 500 new employers were registered, bringing the total number of registered employers to 2,451. These activities help ensure that the system is funded and fair for all Yukon employers.

Effective Policies

Recognizing a need to review all YWCHSB policies, the YWCHSB's Board of Directors formed a sub-committee to work with Board staff to make policies more topical and effective. In total, 23 policies were revoked, 13 policies were amended, and five policies remained unchanged. As well, the Board of Directors passed five new policies, one of which related to broadening options for treating injured workers and another clarifying how to classify employers in more than one industry. The YWCHSB is committed to working with stakeholders on reviewing and developing policies through the Policy Working Group and the Stakeholder Advisory Committees.

Organizational Performance

To ensure YWCHSB has a skilled, knowledgeable and compassionate workforce, the YWCHSB demonstrated its on-going commitment to building a learning environment for employees. In 2005, the Corporate Training Committee was convened and a Corporate Training Plan was developed to reflect the essential training required for all YWCHSB employees. A Draft Core Competency Model was completed in 2005 for implementation in 2006. Competencies include any attitude, skill, behaviour, motive or other personal characteristic that is essential to perform a job.

2005 Statistics

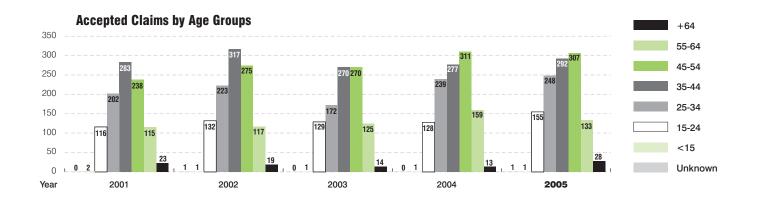
Requests for information

	2005	2004
Worker	67	73
Worker's Advocate	408	468
Appeal Tribunal	71	42
Employer	6	20
Other	10	6
Total Disclosures	562	609

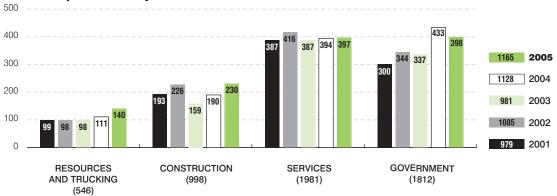


Anneals

Appeais		
	2005	2004
Reviews by Hearing Officer	60	47
Decisions Confirmed	49	24
Decisions Reversed	7	7
Decisions Varied	1	10
No Jurisdiction	3	6
Appeal Panel		
OH&S appeals	0	2
Administrative Penalty Appeals	0	0
Confirmed	0	2
Revoked	0	0
Decreased	0	n/a
Claim Appeal (pre Workers'		
Compensation Appeal Tribunal	1	1
Decision Confirmed	0	1
Decision Reversed	1	0
Decision Varied	0	n/a
Assessment Appeals	1	0
Decision Confirmed	1	0



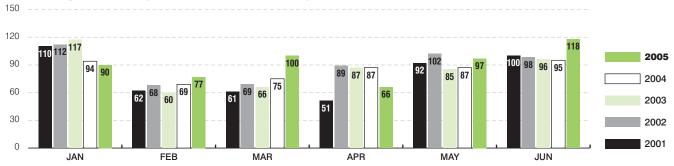




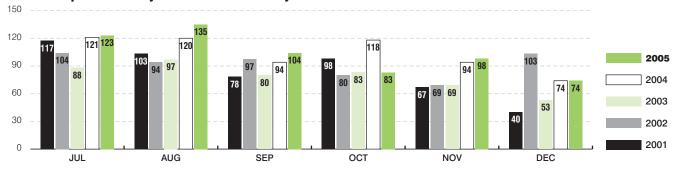
Accepted Claims by Part of Body

	2005	2004
Head		
Hearing loss		
Noise induced	10	19
Other hearing loss	0	0
Total hearing loss	10	19
Other head injuries	146	149
Total Head Injuries	156	168
Neck, including throat	18	16
Trunk	313	338
Upper extremities	380	322
Lower extremities	196	189
Body systems	34	28
Multiple body parts	67	60
Other body parts	1	7
Not coded	0	0
Total	1165	1128

Accepted Claims by Incident Month — January to June



Accepted Claims by Incident Month — July to December



Accepted Claims by Source of Injury

	2005	2004
Chemicals & Chemical Products	51	39
Containers	89	85
Furniture & Fixtures	58	54
Machinery	82	60
Parts & Materials	127	122
Persons, Plants,		
Animals & Minerals	295	330
Structures & Surfaces	203	203
Tools, Instruments		
& Equipment	111	103
Vehicles	57	34
Other Sources	92	98
Total	1165	1128

Permanent Impairment Awards

(percentage of total number of awards)

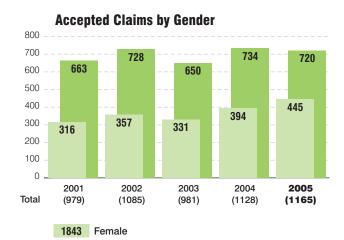


Accepted Claims by Occupation

	2005	2004	
Management Occupations	35	28	
Business, Finance and			
Administrative Occupations	82	56	
Natural and Applied Sciences			
and Related Occupations	36	33	
Health Occupations	120	116	
Occupations in Social Science,			
Education, Government Service			
and Religion	71	85	
Occupations in Art, Culture,			
Recreation and Sport	12	16	
Sales and Service Occupations	293	250	
Trades, Transport and Equipment			
Operators and Related Occupations	422	463	
Occupations Unique to Primary			
Industry	61	39	
Occupations Unique to Processing,			
Manufacturing and Utilities	29	36	
Unknown	4	6	
/	4405	4400	
Total	1165	1128	

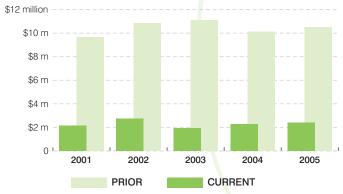
Accepted Claims by Region

	2005	2004
Whitehorse	825	823
Beaver Creek	6	6
Burwash Landing	4	1
Destruction Bay	8	22
Haines Junction	33	22
Johnson's Crossing	0	0
Teslin	14	11
Swift River	0	2
Upper Liard	0	0
Watson Lake	73	58
Carmacks	15	14
Faro	12	15
Ross River	17	11
Mayo	13	14
Elsa	1	0
Keno Hill	0	0
Pelly Crossing	14	11
Stewart Crossing	1	2
Dawson City	88	90
Clinton Creek	0	0
Old Crow	5	8
Carcross-Tagish	12	13
Multiple Locations Or Unknown	24	0
Total	1165	1128



3495 Male

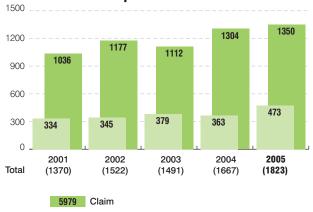
Claims Payments by Year, in Constant 2005 Dollars



Average Payment per Paid Claim in Constant 2005 Dollars

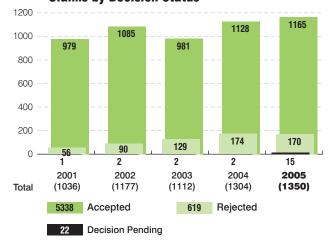


Incidents Reported



Claims by Decision Status

1894 No claim established



Paid Claims by Year







^{*} Note: by assessment year

Accepted Claims by Nature of Injury

	2005	2004
Traumatic Injuries and Disorders	865	778
Systemic Diseases and Disorders	86	88
Infectious & Parasitic Diseases	1	0
Neoplasms, Tumors, and Cancer	0	0
Symptoms, Signs, and Ill-defined		
conditions	17	19
Other Diseases, Conditions, and		
Disorders	0	4
Multiple Diseases, Conditions, and		
Disorders	0	0
Nonclassifiable	196	239
Total	1165	1128

Accepted Claims by Event

	2005	2004
Contact with objects and equipment	417	379
Falls	197	178
Bodily reaction and exertion	368	405
Exposure to harmful substances		
or environments	109	100
Transportation accidents	36	27
Fires and explosions	1	0
Assaults and violent acts	29	39
Other events or exposures	8	0
Total	1165	1128

Accepted Claims by Industry

, , , , , , , , , , , , , , , , , , , ,	2005	2004		2005	2004
Diamond Drilling	25	13	Welding Shops or Portable Welding	19	14
Drilling Gas or Oil Wells	1	0	Air Services	25	11
Drilling or Digging Water Wells	0	5	Vehicle Sales or Service	37	39
Exploration	15	10	Bulk Oil Dealers	4	9
Farming, Trapping or Fishing	4	3	Bus Lines or School Buses	5	3
Gravel Crushing or Stockpiling	0	2	Churches, Libraries, Museums or		
Logging, Log Hauling, Skidding or			Schools	22	13
Sawmills	3	2	Cities, Towns, Villages or		
Long Haul Trucking	26	19	Municipalities	31	47
Mapping, Surveying or Prospecting	4	2	Clubs or Recreation Centres	7	7
Metal Mining	8	7	Communication Services	8	14
Placer Mining	14	19	Daycare	6	13
Short Haul Trucking	5	11	Heavy Equipment Sales or Service	11	11
Slashing, Staking or Line Cutting	5	1	Homes for Children or Seniors	46	35
Bridge Construction or Road Making	42	23	Hotels, Motels, Lodges, Cabarets or		
Building Construction	67	72	Lounges	39	49
Concrete Construction	5	3	Light and Power Operations	8	5
Concrete Mixing Plants	5	2	Other Business	16	9
Construction of Transmission Lines	10	4	Other Service Industries	23	18
Electrical Contractors	10	6	Outfitting	0	3
Excavation	3	9	Printing, Publishing or Engraving	3	4
Heating and Air Conditioning	4	1	Professional Offices	21	36
Landscaping	2	1	Restaurants and Caterers	21	16
Lumber Yards	19	10	Retail Sales	74	54
Machine, Carpentry or Glazing Shops	9	19	Wholesale Establishments	14	14
Other Service Trades	16	11	Wilderness Adventure Tourism	6	1
Painting, Drywalling or Plastering	8	4	First Nations	38	49
Plumbing, Steam Fitting or Gas Fitting	10	7	Government of the Yukon	360	384
Trailer Courts	1	4			
			Total	1165	1128

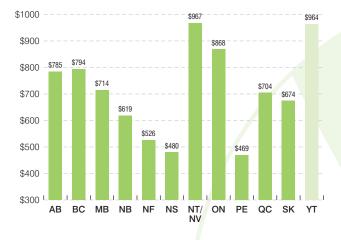
Maximum Wage Rate by Jurisdiction, Canadian Workers' Compensation Boards, 2005



Provisional Average Assessment Rate per \$100 of Assessable Payroll by Jurisdiction, Canadian Workers' Compensation Boards, 2005



Maximum Weekly Benefits for Temporary Disability by Jurisdiction Canadian Workers' Compensation Boards, 2005



MANAGEMENT'S RESPONSIBILITY FOR FINANCIAL REPORTING

The management of the Yukon Workers' Compensation Health and Safety Board (the board) is responsible for establishing and maintaining a system of books, records, internal controls and management practices designed to provide reasonable assurance that reliable financial information is produced; Compensation Fund assets are safeguarded and controlled; transactions of the Compensation Fund are in accordance with relevant legislation, regulations and board policies; and that the board resources are managed efficiently and economically and the operations of the board are carried out effectively.

Management is also responsible for the integrity and objectivity of the financial statements of the Compensation Fund. The financial statements as at December 31, 2005, which include amounts based on management's best estimates as determined through experience and judgement, are in accordance with Canadian generally accepted accounting principles. Other financial information included in the Annual Report is consistent with these financial statements

Members of the Board of Directors (the Board) are responsible for ensuring that management fulfills its responsibilities for financial reporting and internal control. The Board exercises its responsibilities through the Finance, Investment, and Audit Committee. The Finance, Investment, and Audit Committee has reviewed the financial statements and has submitted its report to the Board, which has approved these financial statements.

The Auditor General of Canada conducts an independent audit for the purpose of expressing her opinion on the financial statements. She also considers whether the transactions that come to her notice in the course of the audit are, in all significant respects, in accordance with specified legislation.

Hewitt Associates, an independent consulting actuarial firm, has been engaged to provide an opinion of the adequacy and appropriateness of actuarial valuations of the benefits liability of the Compensation Fund.

Valerie Royle, BComm (Hons), MBA President and Chief Executive Officer √im Stephens, CMA, CGA
Vice President, Operations and
Chief Financial Officer

April 28, 2006

ACTUARIAL CERTIFICATION

To the Members of the Yukon Workers' Compensation, Health and Safety Board

We have completed an actuarial valuation as at December 31, 2005 of the benefits liability payable in the future for insured employers under the Yukon Workers' Compensation Act, in respect to claims that occurred prior to the valuation date.

We have analyzed the claims data on which the valuation has been based and have performed tests to confirm the reasonableness of the data and its consistency with the data used for valuations in prior years. In our opinion, the data is sufficient and reliable for the purposes of this valuation.

The actuarial valuation of the benefits liability of \$105,195,000 represents the actuarial present value at December 31, 2005 of all expected payments which will be made in future years and in respect of all claims occurring on or before December 31, 2005.

The valuation was based on the provisions of the Yukon Workers' Compensation Act in effect as of December 31. 2005. The net interest rates used to discount future claim payments make implicit provision for future increases in payment levels. The benefits liability includes provision for claims arising in the future in respect of latent occupational diseases only to the extent that such claims have been experienced in the past. It also includes provision for future expenses relating to the administration of existing claims. Payments made by the board on a self-insured basis are excluded from the valuation of the benefits liability.

The actuarial assumptions and methods employed in the valuation represent an estimate of the board's future obligations based on the provisions of the Yukon Workers' Compensation Act at the valuation date, the board's current practices and administration procedures and the pattern of claims costs experienced prior to the valuation. In our opinion, for the purposes of the valuation, the actuarial assumptions are, in aggregate, appropriate and the methods employed are consistent with sound actuarial principles.

This report has been prepared, and our opinions given, in accordance with accepted actuarial practice.

Respectfully submitted **Hewitt Associates**

Peter Muirhead, F.C.I.A.

Fellow, Canadian Institute of Actuaries

AUDITOR'S REPORT



To the Minister responsible for the Compensation Fund

I have audited the balance sheet of the Compensation Fund as at December 31, 2005 and the statements of operations and other comprehensive income and reserves and cash flows for the year then ended. These financial statements are the responsibility of the Fund's management. My responsibility is to express an opinion on these financial statements based on my audit.

I conducted my audit in accordance with Canadian generally accepted auditing standards. Those standards require that I plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In my opinion, these financial statements present fairly, in all material respects, the financial position of the Compensation Fund as at December 31, 2005 and the results of its operations and its cash flows for the year then ended in accordance with Canadian generally accepted accounting principles. As required by the *Workers' Compensation Act*, I report that, in my opinion, these principles have been applied on a basis consistent with that of the preceding year.

Further, in my opinion, proper books of account have been kept and the financial statements are in agreement therewith. In addition, the transactions of the Fund that have come to my notice during my audit of the financial statements have, in all significant respects, been in accordance with the *Workers' Compensation Act* and regulations, the *Occupational Health and Safety Act* and regulations and the *Financial Administration Act* and regulations.

Therea Fraser

Sheila Fraser, FCA Auditor General of Canada

Ottawa, Canada April 28, 2006

Balance Sheet

As at December 31

	2005 (\$000s)	2004 (\$000s)
ASSETS Current assets		
Accounts receivable (note 3) Investments (note 4)	\$ 1,516 134,426	\$ 2,162 131,677
	135,942	133,839
Property and equipment (note 5)	4,272	3,942
	\$ 140,214	\$ 137,781
LIABILITIES AND RESERVES Current liabilities		
Bank overdraft (note 9) Accounts payable and accrued liabilities (note 3)	\$ 2,510 3,096	\$ 1,327 3,054
Accounts payable and decided habilities (note s)	5,606	4,381
Benefits liability (note 6) Accrued employee benefits (note 8)	105,195 1,238	96,793 996
Total liabilities	112,039	102,170
Reserves (note 7)	28,175	35,611
	\$ 140,214	\$ 137,781

Commitments and Contingencies (notes 10 and 12)

The accompanying notes are an integral part of these financial statements.

Approved by the Yukon Workers' Compensation Health and Safety Board

Craig Tuton Chair

Statement of Operations and Other Comprehensive Income and Reserves

For the year ended December 31

	2005 (\$000s)	2004 (\$000s)	
Revenue Assessments (note 9) Investment (note 4) Recoveries and other receipts (note 9)	\$ 11,688 9,692 1,010 22,390	\$ 9,680 8,829 1,445 19,954	
Expenses Claims expenses (note 6) Administration and prevention (note 11) Administration Occupational Health and Safety Workers' Advocate Contractor Safety Association Appeal Tribunal Act Review Employer Consultant Federation of Labour Congress 2004	21,253 6,718 961 358 265 181 69 16 5 - 29,826	19,543 5,089 923 342 174 171 129 111 11 277 26,770	
Operating deficit for the year	(7,436)	(6,816)	
Other comprehensive income	-	-	
Operating deficit for the year and other comprehensive income	(7,436)	(6,816)	
Reserves, beginning of the year	35,611	42,427	
Reserves, end of the year (note 7)	\$ 28,175	\$ 35,611	

The accompanying notes are an integral part of these financial statements.

Statement of Cash Flows

For the year ended December 31

	2005 (\$000s)	2004 (\$000s)
Cash flows from operating activities		
Cash received from:		
Employers, for assessments	\$ 11,901	\$ 9,350
Recoveries and other receipts	1,658	850
Investment revenue	6,062	4,874
	19,621	15,074
Cash paid to:		
Claimants or third parties on their behalf	(12,851)	(12,424)
Employees, for salaries and benefits	(5,864)	(4,989)
Suppliers, for administrative and other goods and services	(2,340)	(1,914)
	(21,055)	(19,327)
Cash used in operating activities	(1,434)	(4,253)
Cash flows from investing activities		
Sales and maturities of investments	140,600	111,565
Proceeds on disposal of property and equipment	-	1
Purchases of investments	(139,725)	(107,391)
Purchases of property and equipment	(624)	(316)
Cash provided by investing activities	251	3,859
Net decrease in cash	(1,183)	(394)
Bank overdraft, beginning of year	(1,327)	(933)
Bank overdraft, end of year	\$ (2,510)	\$ (1,327)

The accompanying notes are an integral part of these financial statements.

Notes to the Financial Statements

December 31, 2005

1. Nature of Operations

The Compensation Fund (the Fund) was established by the *Workers' Compensation Act* and is administered by the Yukon Workers' Compensation Health and Safety Board (the board) pursuant to the *Act*. The Fund, as administered by the board, provides compensation for injury or death by accident arising out of and in the course of employment. Annual assessments are levied upon employers, usually on the basis of their reported assessable payrolls. The assessment and investment revenue pays for all claims, administration and prevention expenses. In 1992, the board was made responsible for the administration of the *Occupational Health and Safety Act* and regulations to advance strategies for preventing workplace injuries in the territory.

2. Significant Accounting Policies

These financial statements have been prepared by management in accordance with Canadian generally accepted accounting principles. The significant accounting policies are summarized as follows:

(a) Benefits liability

The benefits liability is determined annually and represents the actuarial present value of all future benefit payments expected to be made for claims which have occurred in the current fiscal year or in any prior year. The benefits liability includes a provision for future payments on claims that have not been finalized to date. It also includes a provision for all benefits provided by current legislation, policies and administrative practices in respect of existing claims as well as future claims management costs. No provision has been made for claims related to known latent occupational diseases where the claim has not yet been reported and the year of disablement would be in a subsequent period (note 12).

The benefits liability is comprised of three liabilities for medical aid and compensation, pension, and annuity:

Medical aid and compensation includes benefits for medical aid, compensation for loss of earnings and personal property, lump sum payments for permanent impairment, rehabilitation assistance, emergency transportation, traditional aboriginal healing, and death and funeral expenses.

The pension liability includes monthly pension benefits indexed annually that are paid to spouses, dependent children and guardians of dependent children of those who die from a work-related injury.

The annuity liability is for workers who have received compensation for the same disability for at least 24 months. Ten percent of the total compensation payments, plus interest, is set aside to provide a retirement annuity at sixty-five years of age.

(b) Investments

Pursuant to CICA Handbook Section 3855, *Financial Instruments – Recognition and Measurement*, the board has elected to designate all investments as held for trading. Consequently, investments are recorded at fair value. The fair value of publicly traded investments is quoted market prices. Purchases and sales of investments are recognized on the trade date.

Realized gains and losses, arising on the sale of investments, are recognized in investment income in the period earned. Unrealized gains and losses, arising from fluctuations in fair value, are recognized in investment income in the period in which they arise. Investment income arising from dividends and interest is recognized in the period earned. Investment income is presented net of investment expenses.

Investments denominated in foreign currencies are translated into Canadian dollars at exchange rates prevailing at the end of the year. Revenue from investments is translated at the rate in effect at the time it is earned. Exchange gains and losses resulting from the translation of foreign currency balances and transactions are recognized in investment income in the period in which they arise.

In adopting the standard for financial instruments the board is required to adopt CICA Handbook Section 3865, Hedges. These standards do not have an impact on the financial statements because the board does not engage in the types of transactions addressed by these sections.

(c) Assessments

Assessment revenue is calculated monthly on actual or estimated payrolls as reported by the employer, or on provisional assessments as determined by the board. Separate rates of assessment are established for each industry classification. An allowance for doubtful accounts is provided for assessments receivable based on management's best estimate.

The board administers the Government of Yukon employees' compensation claims related to injuries prior to January 1, 1993 when the Government was a self-insured employer. The Fund receives reimbursement for the claim costs and related administrative expenses of those employees (note 9).

(d) Third party subrogated claims

In certain limited circumstances, under section 56 of the Workers' Compensation Act, the board is deemed to be an assignee of a cause of action in respect of a claimant's disability. The claimant receives 25% of any settlement received after deducting all the costs of the action. This is over and above any future benefits entitlement. The remaining amount is used to offset future claims benefits, which were previously expensed in accordance with actuarial calculations, and which were previously incorporated in the benefits liability.

Revenue received from third party subrogated claims is recorded in the year the settlement occurs. No provision is made in the benefits liability for possible future subrogated recoveries because of their contingent nature.

(e) Property and equipment

Property and equipment is recorded at cost less accumulated amortization. Amortization is calculated on the straight-line method, using rates based on the estimated useful life of the assets as follows:

Buildings 40 years Furniture and equipment 5 to 10 years Computer systems and equipment 3 to 7 years

(f) Employee future benefits

Pension Benefits

Employees participate in the Public Service Pension Plan administered by the Government of Canada. The Fund's contribution to the Plan reflects the full cost of the employer contributions. This amount is currently based on a multiple of the employees' required contributions, and may change from time to time depending on the experience of the Plan. These contributions represent the total pension obligations of the Fund and are expensed during the year in which the services are rendered. The Fund is not currently required to make contributions with respect to any actuarial deficiencies of the Public Service Pension Plan.

Other Benefits

Under conditions of employment, employees may qualify and earn employment benefits for vacation, sick, compensatory and personal leave, travel bonus, and severance benefits. The benefit obligation is determined on an actuarial basis. The obligation for vacation leave, sick leave, and severance benefits are calculated using the projected benefit method prorated on service. The remainder is calculated assuming all employees receive the benefits on the valuation date.

(g) Use of Estimates

The preparation of the financial statements in accordance with the Canadian generally accepted accounting principles requires management to make certain estimates and assumptions that affect the reported amounts of assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the reporting year. This mainly affects claims expenses, benefits liability, accrued employee benefits and the reserves. Actual results could differ materially from these estimates.

3. Accounts Receivable and Accounts Payable and Accrued Liabilities

	2005 (\$000s)		2004 (\$000s)	
Receivable				
Assessments	\$	1,069	\$	1,067
Government of Yukon (note 9)		396		948
Other receivables		51		147
	\$	1,516	\$	2,162
Payable				
Assessments	\$	567	\$	358
Government of Yukon (note 9)		1,459		1,332
Other payables and accrued liabilities		1,070		1,364
	\$	3,096	\$	3,054

The carrying value of accounts receivable, bank overdraft, and accounts payable and accrued liabilities approximates their fair value given their short term to maturity.

4. Investments and Investment Revenue

The Board of Directors has established a policy for the management of the investment process, utilizing external investment portfolio managers. The portfolio managers' compliance with this investment policy is monitored on a regular basis.

	(\$00		2004 (\$000s)			
(a) Portfolio Investments	Fair Value	Rate of Return	Fair Value	Rate of Return		
Fixed-term securities						
Federal Bonds	\$ 28,860		\$ 20,885			
Provincial Bonds	8,195		14,580			
Corporate Bonds	23,936		26,537			
Municipal Bonds			742			
	60,991	5.6%	62,744	6.7%		
Equities						
Canadian	22,385	26.3%	21,018	16.2%		
United States	24,069	0.5%	22,673	0.7%		
International	24,570	6.0%	21,102	7.9%		
	71,024		64,793			
Other Investments						
Cash on account	95		622			
Treasury Bills (1)	1,752		2,939			
Accrued interest receivable	686		664			
	2,533		4,225			
Investments, sub-total	134,548		131,762			
Management fee accrual	(122)		(85)			
	\$ 134,426	8.0%	\$ 131,677	7.2%		

 $^{^{(1)}}$ Treasury Bills earn interest at rates ranging from 0.803% to 1.027% (2004 – 0.448% to 0.679%) and mature within 90 days.

(b) Investment Revenue

2004 (\$000s)		
3,541		
1,469		
5,010		
1,072		
3,213		
9,295		
(466)		
8,829		
-		

(c) Credit Risk Management

Credit risk on financial instruments arises from the possibility that the issuer of a fixed-term instrument fails to meet its obligations. To manage this risk the board determined that short-term investments must have a credit rating of at least R1, and long-term investments require a rating of A or higher by the Dominion Bond Rating Service in order to be eligible for consideration as an investment. Diversification of credit risk is managed by limiting the exposure in a single private institution to 5% of the portfolio.

(d) Foreign Exchange Risk Management

The Fund has investments in equities denominated in foreign currencies. The board does not undertake long-term hedging strategies for the currency risk of foreign investments. The board undertakes long-term investment strategies. However, currency fluctuations may affect short-term returns. The fair value of the Fund's US dollar investments as at December 31, 2005 was \$36,510,171 (2004 - \$22,550,830). The Fund did not hold any investments in other foreign currencies at December 31, 2005 (2004 - nil).

(e) Interest Rate Risk Management

Fluctuations in interest rates can impact the fair value of the fixed-income portfolio, as well as shift investor preferences among asset classes. Interest rate risk is minimized by managing the duration of the fixed-term portfolio.

The fixed-term investments, at fair value, in thousands of dollars, mature as follows:

1 to 5 years	effective yield of 4.38%	\$ 21,255		35%
6 to 10 years	effective yield of 5.62%	22,050		36%
greater than 10 years	effective yield of 4.70%	17,686		29%
		\$ 60,991	_	100%

5. Property and Equipment

	2005 (\$000s)					2004 (\$000s)		
			Accumulated Amortization		Carrying /alue		Carrying Value	
Land	\$ 390	\$	-	\$	390	\$	390	
Buildings	3,280		(1,088)		2,192		2,262	
Furniture and equipment	582		(483)		99		93	
Computer systems and equipment (1)	2,334		(1,896)		438		456	
Systems development (1)	1,153		-		1,153		741	
	\$ 7,739	\$	(3,467)	\$	4,272	\$	3,942	

As of December 31, 2005, costs of \$1,153,000 (2004 - \$741,000) for the claims and assessments components of the project have been capitalized and will not be amortized until these system components are substantially complete.

As of December 31, 2005, costs of \$504,000 (2004 - \$470,000) for the financial system have been capitalized and are included in Computer systems and equipment. Amortization of the system began in 2003.

Systems development projects initiated via the Achieving Better Customer Service Projects incurred expenditures of \$446,000 in 2005 (2004 - \$168,000). All of the project expenditures were capitalized and no business process improvements were expensed in the current year as was the case in 2004.

6. Benefits Liability

	2005 (\$000s)				2004 (\$000s)				
		lical Aid &	F	Pension	A	nnuity	Total		Total
Balance, beginning of year	\$	69,526	\$	22,427	\$	4,840	\$ 96,793	\$	89,673
Add claims costs incurred:									
Current year injuries		11,834		-		-	11,834		11,323
Prior years' injuries (1)		7,059		1,400		960	9,419		8,220
		18,893		1,400		960	21,253		19,543
Less claims payments made:									
Current year injuries		2,372		-		-	2,372		2,225
Prior years' injuries		8,995		1,351		133	10,479		10,198
		11,367		1,351		133	12,851		12,423
Balance, end of year	\$	77,052	\$	22,476	\$	5,667	\$ 105,195	\$	96,793

The key actuarial assumptions used to value the benefit liabilities as at December 31 are as follows:

	2005	2004
Discount rate for medical aid benefits	1.50%	1.50%
Discount rate for compensation benefits	2.50%	2.50%
Discount rate for rehabilitation	3.50%	3.50%
Discount rate for survivor and other pension benefits	3.50%	3.50%

The benefits liability was determined using accepted actuarial practices in accordance with standards established by the Canadian Institute of Actuaries. The actuarial present value of future benefits reflects management's long-term estimates of economic and actuarial assumptions and methods, which are based on past experience modified for current trends. As these assumptions may change over time to reflect underlying economic or legislated conditions, it is possible that such changes could cause a material change to the actuarial present value of future benefit payments. The fair value for the benefits liability is not practical to determine due to its long-term nature.

In 2005, the Board of Directors approved a policy to establish the circumstances in which the Fund will provide lump sum payments to workers as allowed under pre-1993 workers' compensation legislation.

The lump sum payment in lieu of future periodic compensation payments is considered settlement in full of all compensation entitlement in respect of the claim. The worker may be allowed to receive additional medical treatment.

When the lump sum is paid, 10 percent of the present value of the future loss of earnings compensation is transferred to the annuity account of the Fund.

No lump sum payments were made in 2005 (2004 - \$592,694). As of December 31, 2005, there are several applications outstanding for lump sum payments for a total of approximately \$3.6 million.

7. Reserves

In 2005, the Board of Directors completed a review of the reserves structure and amended the funding policy, which provides for the establishment of two temporary funds (Prevention Fund and Rate Transition Fund) and two new reserves (Adverse Events Reserve and Stabilization Reserve). The reserves are established to protect the fully funded position of the Fund and to stabilize the effect of fluctuations in the employer assessment rates. The Fund is considered fully funded when there are sufficient funds for the payment of all present and future compensation, including the cost of administration. Once the benefits liability is determined, the remaining difference between the Fund's assets and liabilities is credited to reserves.

Until the end of 2004, the reserves were comprised of a prevention and benefit enhancement reserve, a target reserve, and a rate transition reserve. The total available for reserves was allocated as follows:

Prevention and benefit enhancement reserve The initial amount identified as at December 31, 1997 will be credited with interest at the same rate as the annuity liability

(ii) The target reserve has three components, funded as follows:

Catastrophic claims 200 times the maximum wage rate

16% of the unsubsidized assessment revenue plus 12% of the Adverse claims experience

benefits liability

7% of the benefits liability

Occupational disease and enhanced disabilities including latent occupational

diseases

(iii) Rate transition reserve

The rate transition reserve will be the balance in excess of the other reserves. If there is no excess then the balance will be zero and

the overall deficiency in reserves will be identified.

Under the current funding policy, the two temporary funds and two reserves are established as follows:

(i) Prevention Fund

The Prevention Fund serves to provide funding for the start up costs of pre-selected accident prevention and workplace safety initiatives. It is initially established at \$5.0 million and will not be replenished once depleted.

(ii) Rate Transition Fund

The Rate Transition Fund, which is initially established at \$6.5 million and will not be replenished once depleted, is intended to provide temporary funding for the removal of employer assessment rate subsidies. The amount of the annual employer assessment rate subsidy (2005 - \$4,578,000) is charged to this fund.

(iii) Adverse Events Reserve

The Adverse Events Reserve is established to provide funding for infrequent, unexpected adverse claims experience and catastrophic events to protect employers from sudden impact of the costs of these types of events. The target level for this reserve, which has been set at 100 times the maximum wage rate plus 10 percent of the benefits liability, is calculated annually upon completion of the actuarial valuation of the benefits liability (2005 - \$17,219,500). Costs related to catastrophic and adverse events and latent occupational diseases are charged to this reserve (2005 - nil). As this reserve is limited to its target level, funds in excess of the target level are transferred to the Stabilization Reserve (2005 - nil).

A funding deficiency exists when the reserve is below its target level (2005 - \$839,000). In the event of a charge against this reserve and when a funding deficiency exists, the following steps will be taken to replenish the reserve to its target level:

- · Any recovery of the costs charged to this reserve will be added to this reserve, up to the target level.
- · Any surplus in the Stabilization Reserve will be transferred to this reserve to replenish it up to the target level, if possible.
- If the transfer from the Stabilization Reserve is not sufficient to replenish this reserve to the target level, the reserve will be replenished by a special assessment premium surcharge based on an established schedule as outlined in the funding policy.
- In subsequent years, if a recovery or a surplus in the Stabilization Reserve becomes sufficient to replenish the reserve, any special assessment premium surcharge will be cancelled.

(iv) Stabilization Reserve

The Stabilization Reserve is established to protect the fully funded position of the Fund and to stabilize the effect of fluctuations on employer assessment rates. The target level for this reserve is equal to 10 percent of the benefits liability (2005 - \$10,519,500). The operating range for this reserve is determined as the target level balance plus/minus 3.5 percent of the benefits liability. The annual operating surplus/deficit, net of any amounts charged to the temporary funds and the Adverse Events Reserve, is transferred to this reserve (2005 - \$2,858,000).

This reserve is considered to have a surplus when its balance exceeds the top of the operating range. Any surplus (determined as the difference between the reserve balance and its target level) is transferred to the Adverse Events Reserve, up to the target level if the latter reserve is below target. If the Adverse Events Reserve is at its target level and the balance of the Stabilization Reserve exceeds the upper threshold of the operating range, any surplus will be applied as an employer assessment premium rebate based on an established schedule as outlined in the funding policy.

A funding deficiency exists when the reserve balance is below its target level (2005 - \$5,647,000). The amount of the deficiency is determined as the difference between the reserve balance and its target level. In the event that this reserve falls below the lower threshold of the operating range (2005 - \$6,838,000), the following steps will be taken:

- Any surplus in the Adverse Event Reserve will be transferred to the Stabilization Reserve, up to the target level, if possible.
- Any remaining deficiency will be replenished up to the target level by a special assessment premium surcharge based on an established schedule as outlined in the funding policy.

Reserves (\$000s)	Balance, end of the year 2004	Opening Balance 2005	Charges to funds and current allocation to reserves	Balance, end of the year 2005	Target Level	Funding Deficiency
2005 Structure Prevention Fund Rate Transition Fund		\$ 5,000 6,500	\$ - (4,578)	\$ 5,000 1,922		
Adverse Events Reserve Stabilization Reserve		16,380 7,731	(2,858)	16,380 4,873	\$ 17,219 10,520	\$ 839 5,647
2004 Structure Prevention & Benefit Enhancement Reserve Target Reserve Rate Transition Reserve	\$ 10,663 33,962					
Deficiency in reserve funding	(9,014)	-				
Total Reserves	\$ 35,611	\$ 35,611		\$ 28,175		

8. Employee Future Benefits

(a) Public Service Pension Plan

Contributions made to the Public Service Pension Plan by the Fund and the employees for the year were as follows:

	2005 (\$000s)	2004 (\$000s)
Employees' contributions	\$ 194	\$ 165
Fund contributions	\$ 412	\$ 353

(b) Other Benefits

The liability for employee non-pension benefits, including vacation, sick, compensatory and personal leave, travel bonus and severance at December 31 was as follows:

	2005 (\$000s)	2004 (\$000s)		
Accrued employee benefits, beginning of the year	\$ 1,479	\$ 1,650		
Adjustments at the end of the year	-	(54)		
Costs for the year	514	-		
Payments made during the year	(523)	(117)		
Accrued employee benefits, end of the year	\$ 1,470	\$ 1,479		
Short-term portion, [included in accounts payable and accrued				
liabilities (note 3)]	\$ 232	\$ 483		
Long-term portion	1,238	996		
	\$ 1,470	\$ 1,479		

The key assumptions used to calculate the accrued employee benefits are a liability discount rate of 7% (2004 - 7%) and an annual rate of general escalation in wages of 3% (2004 – 3%).

9. Related Party Transactions

(a) Normal Course of Business

As a statutory Corporation of the Government of Yukon (the Government), the board is related to all government departments, agencies and government corporations. The board enters into transactions with these entities in the normal course of business and the transactions are recorded at the exchange amount. All mainframe computer software is owned by the Government. The board has access to the Government of Yukon's overall line of credit facility with its banker. This access provides the board with overdraft coverage when needed.

The Compensation Fund paid the Government \$657,000 (2004 - \$527,000) for building maintenance, computer, office supplies, payroll processing, recruitment, vehicle and rehabilitation services. The Fund also reimbursed the Government for payroll costs of \$5,788,000 (2004 - \$4,706,000).

The Government pays certain claims costs to the Compensation Fund for claims prior to 1993 and also reimburses the cost of supplementary benefits pursuant to the Yukon Workers' Compensation Supplementary Benefits Ordinance (note 2c). Supplementary compensation benefits are granted, pursuant to the Yukon Workers' Compensation Supplementary Benefits Ordinance, to all persons receiving compensation on or after October 1, 1973 for accidents prior to that date. Compensation is increased to the amount that would have been granted had the accident occurred after the Act came into force. The cost of these benefits is recovered from the Yukon Consolidated Revenue Fund.

Effective January 1, 1993, all Government employees were covered by the Fund. Revenues and recoveries from the Government of Yukon for the year ended December 31 were as follows:

	2	2004			
	(\$000s)		(\$000s)		
Assessments	\$	3,603	\$	2,852	
Supplementary compensation benefits	\$	415	\$	394	
Recoveries - Mine Rescue (note 9b)	\$	330	\$	857	
Pre-93 claims costs	\$	223	\$	180	

As at December 31, balances due to and from related parties were as follows:

	2005	2004				
	(\$000s)	(\$000s)				
Due to Government of Yukon	\$ 1,459	\$ 1,332				
Due from Government of Yukon - Recoveries (note 9b)	\$ 396	\$ 948				
Due from Governement of Yukon - Assessments	\$ 198	\$ 161				

(b) Mine Rescue Recovery

On July 7, 2005, the Government of Yukon agreed that it owed the Fund a total amount of \$857,544 as at December 31, 2004 for the Mine Safety Program, which was transferred to the board in 1993. This amount is comprised of recoveries for services provided by the board for management of the Mine Safety Program from 2001 to 2004, inclusive, and was included as recoveries and other receipts in 2004.

The Government also approved the reinstatement of ongoing funding for the Mine Safety Program through an annual grant to the board of \$329,500, beginning in fiscal 2005. This funding is to be reviewed by the Government, at a minimum, every five years.

10. Commitments

The board has commitments for computer software development and maintenance fees, professional legal and medical services, contribution agreements, and office leases for the next five years and thereafter, in thousands of dollars, as follows:

Computer software development	Professional Services Contracts	Contribution Agreements	Office Leases	Total
\$ 1,550	\$ 377	\$ 359	\$ 13	\$ 2,299
30	280	280	7	597
30	194	280	-	504
30	169	280	-	479
30	100	280	-	410
30	-	-	-	30
				\$ 4,319
	\$ 1,550 30 30 30 30 30	software development Services Contracts \$ 1,550 \$ 377 30 280 30 194 30 169 30 100	software development Services Contribution Agreements \$ 1,550 \$ 377 \$ 359 30 280 280 30 194 280 30 169 280 30 100 280	software development Services Contracts Contribution Agreements Office Leases \$ 1,550 \$ 377 \$ 359 \$ 13 30 280 280 7 30 194 280 - 30 169 280 - 30 100 280 -

11. Administration and Prevention Expenses

	2005 (\$000s)	2004 (\$000s)
Salaries and benefits	\$ 5,866	\$ 4,781
Consulting and professional	758	690
Amortization	294	295
Board expenses	279	214
Communications	258	196
Buildings	248	255
Computer systems	187	170
Staffing and recruitment	187	73
General administration	165	227
Automobile and travel	135	150
Printing and publications	123	117
Supplies and stationery	56	36
Furniture and equipment	17	23
	\$ 8,573	\$ 7,227

12. Contingencies

The Fund is required to pay for future costs of claims relating to certain latent occupational diseases which may have occurred in the current year or previously, but which may not be recognized and reported for a number of years due to the extended latency period of such diseases. Because of the absence of reliable evidence and data pertaining to these matters, these liabilities cannot be estimated and are not included in the benefits liability.

13. Comparative Figures

Certain prior year's figures have been reclassified to conform to the current year's presentation.

2005 Year at a Glance

	2005	2004
Workers covered	19,100	18,400
Open Claims	3,346	2,893
Incidents	1,823	1,667
Claims	1,350	1,304
Accepted Claims	1,165	1,128
Time-loss Claims	454	474
Time-loss Claim Rate (per 100 covered workers)	2.38	2.58
Recurrent claims ¹	14	22
Permanent Impairment Awards	53	54
Fatality Claims Accepted	1	1
Reviews by the Hearing Officer	60	47
Appeals heard by the Appeal Tribunal	31	27
Registered employers	2,451	2,380
Maximum assessable earnings/wage rate	\$67,000	\$65,800
Assessable payroll (millions)	\$654	\$620
Assessment revenue (thousands) ²	\$11,688	\$9,680
Average collected premium rate (per \$100 of insurable earnings)	\$1.79	\$1.56
Investment revenue (thousands) ²	\$9,692	\$8,829
Investment fund market return	8.0%	7.2%
Fund balance (thousands) ^{2,3}	\$134,426	\$131,677
Funded position (per AWCBC - KSM position)	100%	100%

Notes

Estimates may include revisions to prior releases.

- 1 Inactive claims reopened for payment, based on a 90-day gap in earnings loss payments per the KSM definition.
- 2 As per the financial statement.
- 3 Market value of Investments.

ALL injuries are preventable

Think about it Y VIKON WORKERS' COMMISSION DE LA COMPENSATION SANTÉ ET DE LA SÉCURITÉ HEALTH AND AUTRAVAIL DU VIKON UN TRANSL. DU VIKON



Really? Come on, injuries are a risk one takes every day, starting with getting out of bed. If you are active, sooner or later you will get hurt doing something. Right?

But what if we look at it from another perspective? Remember the last time you got hurt – stubbed your toe, cut your finger, broke a bone?

If you had known 5 minutes ahead of time that you were going to get hurt, do you really believe there was no way you could have avoided it? Of course you could have.

In most cases, it was something you could have done differently; you could have been a little more attentive, not been in such a hurry, used the right tools for the job.

In the odd case, someone else caused the accident and it was they who could have acted better. But it didn't have to happen. You didn't have to get injured.

So before you get injured again, perhaps more seriously, why not avoid it instead? Look for hazards. Consider the risk. Do you know a safer way or should you ask someone?

Because every injury is preventable. If you think about it.