

This information can help you with the appeal process. Start an appeal with the Workers' Compensation Appeal Tribunal (WCAT). Find more details on our website: [wcat.bc.ca](http://wcat.bc.ca) If you don't have internet access, you can call 604 664-7800 or 1 800 663-2782 (toll-free in B.C.) to get more information.

## Start an appeal

Workers or employers need to give written notice to start an appeal.

### Step 1. Confirm that your decision can be appealed:

[WCAT.BC.CA](http://wcat.bc.ca) > [APPEAL A DECISION](#) > [START AN APPEAL](#) > [TYPES OF APPEALS](#)

### Step 2. Give notice that you'd like to start an appeal.

Use one of the following options to get started:

**Complete a form.** This is the easiest way to start an appeal. Find the button that matches your appeal type on our website:

[WCAT.BC.CA](http://wcat.bc.ca) > [APPEAL A DECISION](#) > [START AN APPEAL](#)

**Phone WCAT.** Any time up to or including the deadline to start an appeal, you can call WCAT to note your intent to appeal. You will then be given time to submit a Notice of Appeal form (usually 21 days).

Form: Notice of  
Appeal -  
compensation

Form: Notice of  
Appeal - assessment  
or occupational  
health and safety

**The deadline.** Start your appeal within 30 days of the Review Division decision date. Do not wait to start until you have collected information or evidence first. You can do this later on.

**Ask for more time.** If special circumstances caused you to miss the deadline to start an appeal, you can still ask for more time. You'll need to submit a form to request an extension of time – find it on our website:

[WCAT.BC.CA](http://wcat.bc.ca) > [APPEAL A DECISION](#) > [START AN APPEAL](#) > [ASK FOR MORE TIME](#)



## What happens next?

WCAT will send you a letter with an appeal number along with instructions on how to proceed.

Once an appeal is started, WCAT invites everyone who may be directly affected by an appeal to participate, and lets them know what to do next.

During this stage, parties can review the WorkSafeBC file, do some research or collect evidence to support their side of the appeal. At this stage, all parties may not have access to the WorkSafeBC file.



Visit our website to find tips on how to prepare your case, and speed up the process:  
[WCAT.BC.CA](https://www.wcat.bc.ca) > [APPEAL A DECISION](#) > [PREPARE YOUR CASE](#)

## More information for employers

**Ask for a stay.** Get permission to delay implementing a WorkSafeBC decision:

[WCAT.BC.CA](https://www.wcat.bc.ca) > [APPEAL A DECISION](#) > [START AN APPEAL](#) > [DELAY IMPLEMENTING A WORKSAFEBC DECISION](#)

**Post a notice for employees.** Let staff know the company is party to an occupational health and safety appeal: [WCAT.BC.CA](https://www.wcat.bc.ca) > [FORMS](#) > [NOTICE TO EMPLOYEES](#)

## Get help

**Use a representative.** You can authorize someone to help you explain your side of the appeal. They can be a lawyer, compensation consultant, someone from a union or employers' association, a family member or a friend.

**Talk to an adviser.** You can get free help from a workers' or employers' adviser at:

Workers' Advisers Office

[www.labour.gov.bc.ca/wao](https://www.labour.gov.bc.ca/wao)

1 800 663-4261 (toll-free in B.C.)

Employers' Advisers Office

[www.labour.gov.bc.ca/eao](https://www.labour.gov.bc.ca/eao)

1 800 925-2233 (toll-free in B.C.)

**Contact WCAT.** WCAT staff can offer support to keep your appeal on track. They're neutral, which means they won't offer legal advice or act as your representative.



150 - 4600 Jacombs Road  
Richmond, BC V6V 3B1



Call 604 664-7800 or  
1 800 663-2782 (toll-free in B.C.)



Online  
[wcat.bc.ca](https://www.wcat.bc.ca)