

This information explains how to tell your side of the appeal. Find more information on our website: [wcat.bc.ca](http://wcat.bc.ca). Or feel free to call our team to ask for help: 604-664-7800 or 1-800-663-2782.

## How to tell your side of the appeal at an oral hearing

The Workers' Compensation Appeal Tribunal (WCAT) has invited **you to explain your side of the appeal at a meeting called an oral hearing**. Hearings are not as formal as going to court.

Hearings are held by video conference, in person or by phone. They last about 1 hour.

At the oral hearing, everyone involved in the appeal will explain their case to a vice chair. The vice chair reviews the WorkSafeBC claim file along with all evidence and information submitted. After the hearing, the vice chair will make a final decision.



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

## Who attends an oral hearing?

### **The person who started the appeal must attend.**

If they don't, their appeal may be dismissed.

Other people involved in the appeal are invited to but not required to attend. If they want to, they can ask their representative to attend for them or send a written submission before the hearing.

If they or their representative do not attend, they will not:

- Have an opportunity to present evidence or respond to arguments or evidence from the person who started the appeal
- Receive evidence submitted at the hearing
- Be able to participate any further in the appeal

### **You can bring others with you to the hearing.**

If you plan to bring someone with you, please let WCAT know at least 21 days before the hearing. This includes:

- Your representative (if you have one) to participate in the hearing
- Any witnesses you will ask to speak at the hearing
- A support person to observe the hearing (who is not a witness or a representative)

**You can ask for an interpreter.** Contact WCAT at least 2 weeks before the hearing to ask for one. WCAT will hire and pay for the interpreter. Friends and relatives cannot be used to interpret.



## How to prepare for the oral hearing

**Write down important points that you want to share at the hearing.** This will help you remember details and explain evidence that supports your side of the appeal.

You will need to clearly explain:

- Why WCAT should allow the result you want
- How laws or WorkSafeBC policies apply to your situation
- How the evidence supports the result that you want

Send new information and a list of any witnesses you will ask to speak at the hearing to WCAT **21 days before the hearing.**

This includes:

- New evidence not in the WorkSafeBC file, including new doctors' reports
- Names and addresses of any witnesses This will give everyone participating in the appeal enough time to review and prepare.

③ Learn more on our website: [WCAT.BC.CA](https://www.wcat.bc.ca) > **APPEAL A DECISION > PREPARE YOUR CASE**

## Ask to change the date or time

If you cannot attend at the scheduled time, you can contact WCAT and ask to change the date or time. This needs to be done **within 14 days** of getting your first notice to attend the oral hearing.

## 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. Please note that WCAT does not reimburse you for the cost of hiring a representative.

**Talk to an adviser.** Workers' or employers' advisers offer free help to people who disagree with a WorkSafeBC decision.

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)