

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. If you do not 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

To start an appeal, you must ask WCAT in writing.

USE ONE OF THE FOLLOWING OPTIONS TO GET STARTED.

1. **Complete a form:** Fill out an online form, or print a copy and send it to WCAT.

[Form: Notice of Appeal - compensation](#)

Use this form if you are appealing a decision about your workers' compensation benefits, such as a decision about whether to accept an injury or disease, or about the amount of your benefits.

WCAT.BC.CA > FORMS > NOTICE OF APPEAL - REVIEW DIVISION COMPENSATION DECISION

[Form: Notice of Appeal – assessment or occupational health and safety](#)

Use this form if you are appealing:

- A decision by the Assessment Department about what an employer needs to pay in assessments, such as a decision about your classification unit or payroll.
- An occupational health and safety decision, such as a decision about an occupational health and safety penalty.

WCAT.BC.CA > FORMS > NOTICE OF APPEAL - REVIEW DIVISION ASSESSMENT OR OCCUPATIONAL HEALTH AND SAFETY DECISION

[Form: Notice of Appeal – prohibited action](#)

Use this form if you are appealing a decision about whether an employer committed a prohibited action, or about what remedy they should pay for committing a prohibited action.

WCAT.BC.CA > FORMS > NOTICE OF APPEAL - WORKSAFEBC PROHIBITED ACTION DECISION



2. Write a letter

Send a letter to WCAT. Make sure to include:

- The decision or order that you are appealing
- For Review Division decisions, include the date and the review number (R#####) for the decisions you would like to appeal
- An explanation of why you think the decision is wrong and what results you want
- Contact information – name, address, phone number, and email (also the name and phone number of your representative, if you have one)
- WorkSafeBC claim number (or file number)
- How you would like your appeal to be heard (by written submission or oral hearing)
- Your signature
- You can also choose to self-identify your Indigenous ancestry: [wcat.bc.ca > self-identify as Indigenous](https://www.wcat.bc.ca/self-identify-as-indigenous)

3. Phone WCAT



If you cannot file your written appeal in writing right away, you can call WCAT to tell us you plan to appeal. We will then send you a notice of appeal form and ask you to fill it out within 21 days. If we do not get your form, we may close the appeal. **You will still need to file a notice of appeal in writing.**

The deadline to start an appeal



Most Review Division decisions must be appealed within **30 days**. **Do not wait to start your appeal** until you have collected information or evidence first. WCAT will ask for evidence and information later, after you have started the appeal process. Some appeals, such as prohibited actions, can be appealed within 90 days.

Ask for more time



If you did not file your appeal in time, you can ask for more time. You will need to explain why there are special circumstances that prevented you from filing the appeal on time. WCAT may not grant your request.



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)

Find out how to ask for more time

Not all decisions can be appealed to WCAT. For example, WCAT cannot address decisions about vocational rehabilitation, commutations, decisions to refer a matter back to WorkSafeBC for a new decision, or most occupational health and safety orders that do not involve a penalty. If we cannot hear your appeal, we will let you know.



After you start your appeal, it is time to prepare your case.

[WCAT.BC.CA](https://www.wcat.bc.ca) > [APPEAL A DECISION](#) > [PREPARE YOUR CASE](#)

Need 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. The workers' and employers' advisers offices were created to provide free help to people who disagree with a WorkSafeBC decision. They are independent from WorkSafeBC and are part of the Ministry of Labour.

Workers' Advisers Office
www.gov.bc.ca/workersadvisers
1-800-663-4261 (toll-free in B.C.)

Employers' Advisers Office
www.gov.bc.ca/employersadvisers
1-800-925-2233 (toll-free in B.C.)

Contact WCAT. WCAT staff can offer support to keep your appeal on track. They are neutral, which means they do not offer legal advice or act as your representative.

You can also find more information about rules and procedures in our manual: [wcat.bc.ca > resources > manual of rules of practice and procedure](https://www.wcat.bc.ca/resources/manual-of-rules-of-practice-and-procedure)



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