

# Nick Perry

## Speaker Profile



When Nick Perry finished high school, he planned to move out of his mom's house and get an apartment. But a workplace accident ended those plans and made him more dependent than he ever was as a child.

In 2001, when Nick was 19; he got a job at a Victoria lumberyard where after six months 42 loose sheets of lumber weighing 1,200 kilograms fell on him leaving him an incomplete paraplegic. He spent three weeks in a hospital and another few months doing rehabilitation at GF Strong.

After leaving GF Strong, Nick was admitted as an outpatient at the Gorge Road Hospital for six months of intense physiotherapy. After about one year, Nick was able to start walking again.

Today, he is able to walk, but his life is not back to normal

While Nick is grateful for his miraculous physical improvements, he also faces new challenges. "When I am not in my chair, people can't easily tell that I am disabled," he says. "Sometimes I have to show people my brace or my scars so they believe that I really am a disabled man, which is frustrating."

Nick wants other young workers to be better prepared for the workplace. "Ask more questions, get more familiar with the job before you start doing things by yourselves," he says. "The more you learn, the safer you are. Always make sure you're looking out for yourself."

Nick has become more independent, but is no longer planning to move into his own apartment right now. He looks forward to going back to school, but knows that he won't be able to lead the life he had planned for himself.

"All that independence that you worked so hard to gain can be taken away from you in a snap of your fingers," he warns. "Know your rights at work, because you can get hurt. Just look at what happened to me."

Nick Perry now writes a blog about his life today. It lets people see how he's doing, and share their own stories and experiences with him. "This keeps me in touch and on track," he says. Check Nick out at [www.raiseyourhand.com/blog](http://www.raiseyourhand.com/blog).

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