



## Helder Santos Vieira

### Senior Associate

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[Labour & Employment](#)

[Employment Disputes](#)

[Grievances & Arbitrations](#)

[OHS & Workers' Compensation](#)

[Workplace Harassment](#)

[Collective Bargaining](#)

[Pensions & Benefits](#)

Helder represents and advises companies in a variety of legal matters related to labour and employment law, including:

- labour standards;
- occupational health and safety;
- **workers' compensation**;
- pensions;
- pay equity;
- analysis, interpretation and negotiation of collective agreements.

A gifted speaker, Helder regularly pleads before the Tribunal administratif du travail.

His experience as an actuary makes him a valuable resource for employers and pension plan administrators for questions including creating, managing and merging pension plans.

Prior to joining BLG, Helder represented several construction companies and worked at a major national firm.

He has leveraged the knowledge he gained on health and safety and labour relations during his time at a Québec construction association in several matters.

## Beyond Our Walls

### Community Involvement

- Former vice-president and secretary, Événements citoyens (non-profit bringing people together in underprivileged environments)

### Bar Admission & Education

- Québec, 2019
- LLB, Université du Québec à Montréal, 2018
- Labour law certificate, Université du Québec à Montréal, 2015
- Bachelor's degree in actuarial science, Université du Québec à Montréal, 2012

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