



I was hurt at work. What should I do?

First, take care of you.

If you or a coworker is seriously injured, do not hesitate to seek emergency medical treatment. Be sure to tell ER staff the injury is work-related.

Contact your supervisor as soon as possible to report the injury. You will receive a claim form (DWC-1) and a "first fill" card so that you don't have to pay cash for your first prescription.

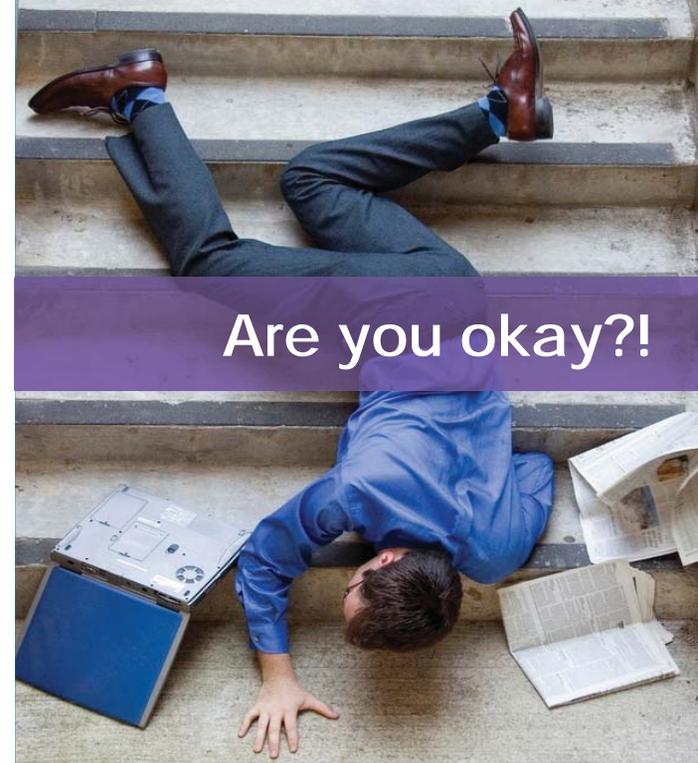
[AGENCY CONTACT]



Still have questions? Call us.  
HR/Adjuster

Information is also available on the Department of Industrial Relations website:

<http://www.dir.ca.gov/dwc/InjuredWorker.htm>



Are you okay?!

A guide to frequently asked questions about Workers' Compensation

**What is workers' compensation?**

Workers' compensation benefits are set by State law and are designed to help you recover from a work-related injury or illness so that you can get back to your life.

**What if my injury isn't that serious?**

For every on the job injury, report it to HR/Supervisor. Letting us know when you are hurt protects your rights, even if you don't want to go to the doctor.



**Our main goal is to help you get your life back.**

**What doctor can I treat with?**

The Claims Examiner will guide you to the best medical facility in your area qualified to treat work injuries, unless you pre-designated your regular physician (DWC-9783).

**Who pays for my medical care?**

There is no out-of-pocket expense to you when treating with our medical facilities. Simply complete a claim form (DWC-1) and return it to HR/your supervisor as soon as possible, but no later than 30 days.



**What can I expect after I file a claim?**

- Open communication with Human Resources and the Claims Examiner. We're here to help, so let us know any time you have questions or concerns.
- Medical care for the type of work-related injury or illness you have, which is guided by your doctor.
- Payments to replace most of your wages while off work (temporary disability). Ask us about options for Salary Continuation.
- Transitional work assignments (modified duty), if available. This type of work helps you receive your normal pay and recover faster. Available assignments will be based on your doctor's recommendations.

**What if I disagree with my doctor?**

If you disagree with your diagnosis or treatment, contact Human Resources or the Claims Examiner. You may be able to change doctors or get help from our Employee Advocate, a registered nurse who's only job is to make sure you get the medical care you need to recover fully.

**What if I don't get better?**

Your doctor decides when your recovery is complete. If you haven't reached your pre-injury condition, you may still be able to work with some limitations and/or you may be eligible for permanent disability benefits.

**Help is just a phone call away.**



**What if I can't do my old job?**

You may be eligible for training to help you prepare for a new position or career that matches your abilities.

**When is my claim complete?**

Your doctor decides when you are recovered or if there is any residual disability. Depending on the type and level of disability, the claim may conclude with a settlement or plan for future medical care.