

# IF YOU'RE INJURED AT WORK...

## 1 **REPORT THE INJURY TO YOUR EMPLOYER IMMEDIATELY.**

See your supervisor, first aid attendant or company nurse before you leave work.

## 2 **SEEK IMMEDIATE HEALTH CARE.**

Ask your doctor or health care provider to complete any forms provided by your employer and to send a report to the WCB immediately. Ask if you are cleared to return to work in regular or transitional duties.

## 3 **FILL OUT A WCB ACCIDENT REPORT FORM. WORK WITH YOUR EMPLOYER TO LEARN WHY THE INJURY HAPPENED, AND PREVENT IT FROM HAPPENING AGAIN.**

Fill out the form with your supervisor. Ensure your employer reports the injury to the WCB immediately.

## 4 **IF YOU MUST BE OFF WORK DUE TO YOUR INJURY, WORK WITH YOUR EMPLOYER, HEALTH CARE PROVIDER, AND THE WCB TO RETURN TO WORK AS SOON AS YOU ARE ABLE.**

### **REMEMBER....**

- Work is healthy. Return to work as soon as you are functionally able, and work toward minimizing your earnings loss.
- Report any injury or incident to your employer right away.
- Time is of the essence! Delays in receiving reports can delay claim decisions.

For more information, visit [www.wcb.ns.ca](http://www.wcb.ns.ca) and [www.worksafeforlife.ca](http://www.worksafeforlife.ca)