## Getting back is part of getting better

## WORKING TO WELL

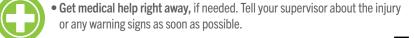


## FOR PEOPLE INJURED AT WORK

WHEN AN INJURY HAPPENS

Injured at work? Here's what to do next.





- If you have a sprain or strain, see a WCB-approved physiotherapist or chiropractor for an assessment right away—it's covered by WCB. ----
- Report the injury. Fill out the <u>WCB Injury Report</u> with your supervisor to open a WCB claim.
- Talk about work changes. Talk to your employer about how you can stay
  at work safely or what changes are needed for return-to-work planning to
  start right away. This transitional work may include temporary changes to
  your current duties or different tasks until you're ready to go back to your
  regular work.
- Expect to hear from WCB. You'll hear from us when we get your claim.

  Our aim is to contact you within two business days.

Psychological injury.
Learn about next steps if you think you may have experienced a psychological workplace injury.



