

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.

### WORKERS SHOULD:



- **Get medical help right away**, if needed. Tell your supervisor about the injury or any warning signs as soon as possible.



- **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 WCB Injury Report 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.



**WORK SAFE.  
FOR LIFE.**

WORKERS' COMPENSATION BOARD OF NOVA SCOTIA