

## If You Are Injured On The Job

OBTAIN first aid or other necessary medical treatment as soon as possible. You are free to choose any physician, podiatrist, chiropractor, psychologist (upon referral), out-patient clinic of a hospital or health maintenance organization authorized to give medical care by the Workers' Compensation Board. If your employer has been authorized to participate in Managed Care, you may be required to obtain medical treatment from a participating managed care provider. Participating employers are required to notify their employees, in writing, of all information pertaining to the managed care program.

The cost of necessary medical services is paid by your employer or your employer's insurance carrier, if the case is not disputed. The doctor may not collect a fee from you. However, if your workers' compensation claim is disputed by your employer or insurance carrier, the doctor may require you to sign a "Form A-9", guaranteeing payment if the Board disallows the claim or if you do not pursue the claim.

NOTIFY your supervisor about the injury and the way in which it occurred, as soon as possible. An injured employee who fails to inform his or her employer, in writing, within thirty days after the date of the accident causing the injury, may lose the right to workers' compensation benefits. In the case of occupational disease, notification should be given within two years after the disablement, or within two years after the claimant knew or should have known that the disease was work-related, whichever is later.

COMPLETE a claim for workers' compensation on Form C-3 and mail it to the nearest office of the Workers' Compensation Board, if there is lost-time. If a claim is not filed within two years from the date of the injury or disablement from an occupational disease, or after disablement and after you knew, or should have known that the disease was work related, you may lose your right to benefits.

THEREAFTER.....

- Follow doctor's instructions to speed full recovery.
- Go back to work as soon as you are able.
- Attend such hearings as may be held in the case, when you are notified to appear.