

What should I do if I'm injured at work?

Get medical attention if you need it

Ask your health care provider to report your injury to the WCB. Your health care provider will give you return-to-work information that lists any limits on what you can do because of your injury. You must give this information slip to your employer.

Tell your employer

Report your injury to your employer as soon as possible. Your employer must send an Employer's Initial Report of Injury (E1) form to us within five days of being told about your injury.

Tell the WCB

You should file a Worker's Initial Report of Injury (W1) form as soon as possible by filling out the form online. If you want to send a paper copy, your employer can give you one or you can download and print a copy from our website www.wcbask.com. Mail or fax the completed form to us.

You can also call **WCB Telefile** at 1.800.787.9288. A WCB staff member will complete the report for you over the telephone. You will be asked for your name, address, date of birth, social insurance number and personal health number. Please have this information ready when you call.

Returning to work

Your WCB staff member will work with you and your employer to put together a return-to-work plan. Using information about your skills, education and what your health care provider says you can do, the plan will help your employer find you a job that you can safely do with the injury you have. This might mean making changes to what you did before your injury and/or changing your workstation so that you can do your job with your injury.

For detailed information about injured worker benefits and other resources visit our website at www.wcbask.com/workers. To view a PDF copy of the Information for Workers brochure go to www.wcbask.com/worker-resources.

For more information contact:

Phone: 306.787.4370 or 1.800.667.7590
Fax: 306.787.7582 or 1.888.844.7773
E-mail: askwcb@wcbask.com

