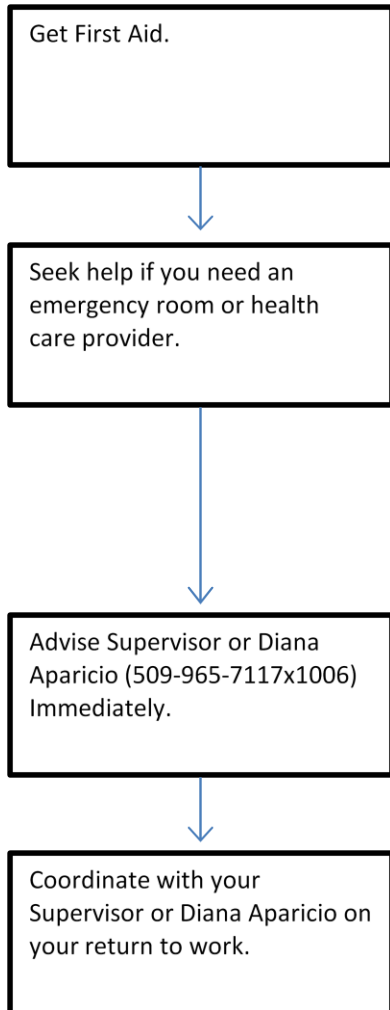


What To Do In Case of Work-Related Injury Or Illness



Many falls, cuts, and sprains can become serious injuries if they aren't treated right away. If it's a minor injury, get first aid at your workplace.

If you are injured at work and need treatment, go to (specific clinic/hospital), or the emergency room or health care provider of your choice and tell them you were injured at work. They will assist you in filing the workers' compensation.

Starting January 2013, if you need medical care after that first visit, you will need to see a provider in our network. If your regular doctor is not in our network, encourage them to join, or find one that is in our network.

If you are injured on the job or diagnosed with an occupational disease, let your employer know right away. Employers need to know about injuries and be familiar with the situation when the L&I paperwork arrives so that they can help you plan your return to work.

It is the policy of the Diocese to support the practice of bringing injured employees back to work, as soon as they are medically able, to a position within the company compatible with any physical restrictions they may have.