

# INCIDENT?

## LET US KNOW WITHIN THE GOLDEN HOUR!

Reporting within ONE HOUR of an injury or onset of physical discomfort improves health outcomes. The sooner you report an incident, the sooner a WorkCare nurse or doctor can provide care guidance for a speedy and safe recovery!

Call WorkCare to receive confidential care guidance from an occupational health clinician.  
888.449.7787: Incident Intervention Program

The WorkCare clinician will evaluate your symptoms and make recommendations for self-care/first aid or a clinic referral.



Immediately report non-emergency incidents such as strains, sprains, minor cuts and abrasions to your supervisor.\*

Follow care guidance and safely return to work during your recovery.