

Injured?

Let us know within the Golden Hour.

1. INCIDENT

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

2. CALL

Call WorkCare to receive confidential care guidance from an occupational health clinician: **888.449.7787**



4. RECOVER

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

3. CARE

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

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.