

Workers

If you're injured at work



1

Call for Help

Get first aid.



2

Tell Your Supervisor

For a copy of applicable forms, please contact person designated by employer.



3

Seek Medical Help

Your health care provider will give you WorkplaceNL's **Health Care Reporting Form** to bring to your employer.



4

Tell WorkplaceNL

Submit **Worker's Report of Injury (Form 6)** online via **MyWorkplaceNL**.



5

Stay Connected

Work with your employer and health care provider on your **Early and Safe Return-to-Work Plan**.

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WorkplaceNL

Health | Safety | Compensation

1.800.563.9000

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