

What to do when you get injured at work



So you got hurt at work...

1. Report the injury
2. Start a WCB claim
3. Find Rehabilitation
4. Stay Connected
5. Return to Work

Report the Injury

- Report the injury to your employer
 - Tell your first aid attendant, foreman, or supervisor before going to a doctor
 - If you require transportation from your workplace to a doctor, your employer is required to pay the costs
 - Your employer is required to report the injury to WorkSafeBC
- Report the injury to a doctor
 - Let them know this is a work injury every time you go to a clinic or hospital
 - Have your health care card and employer information accessible
 - Know your WorkSafeBC number if you have already started a claim
- Report the injury to WorkSafeBC: [WorkSafeBC Website: What to do if you're injured](#)
 - Let WorkSafeBC know if you have missed work because of your injury
 - Let WorkSafeBC know if you have wage loss because of your injury

Start a WCB Claim

- Visit [WorkSafeBC](#) website
- Calling WorkSafeBC is the quickest way to start a claim: **1 888 967 5377**
- Let WorkSafeBC know:
 - If you are a contract worker
 - If you work non-standard work weeks
 - If you have adjustments in your annual income
 - If you have missed work because of your injury
 - If you have a loss in wages since your injury
- How to determine average earnings for WCB wage loss benefits:
 - WCB will cover 90% of your average weekly wage up to \$1056.86 for the first ten weeks (WorkSafeBC, 2017)
 - The WorkSafeBC website [net compensation table](#) estimates wage loss benefits through annual earnings. However, this table doesn't give an accurate estimate for workers with annual income adjustments such as contract workers and reforestation employees
 - WCB will determine your average weekly wage by reviewing your net income from the contract you were working when you got injured

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- WCB may also review your net income from previous contracts for which you were employed before the injury
 - Know what you deserve with wage loss benefits
 - If your employer is paying you for selective/light duties but you still have wage loss due to your injury, WCB should top up your earnings to meet 90% of your average weekly wage up to a maximum of \$1056.86 for the first ten weeks (WorkSafeBC, 2017)
 - If you have wage losses during rehabilitation, WCB should top up your earnings to meet 90% of your average weekly wage up to a maximum of \$1056.86 for the first ten weeks (WorkSafeBC, 2017)
 - WCB should cover any wages lost after the date of injury up to a maximum of \$1056.86 per week for the first ten weeks (WorkSafeBC, 2017)
 - Your employer is required to pay you for the day you were injured
 - If your contract ends during rehabilitation and you could have been hired for another contract if you were not injured, WCB should cover 90% of your average weekly wage up to \$1056.86 for the first ten weeks
 - If you are injured for more than ten weeks, your wage loss benefits will be adjusted by WCB for long-term wage compensation (WorkSafeBC, 2017)
 - For more information pertaining to wage loss benefits visit:
 - [WorkSafeBC Website](#)
 - [Ministry of Labour Website](#)

NOTE: If you disagree with the decision WorkSafeBC has made pertaining to your claim and would like assistance, contact the [Ministry of Labour Workers Advisers Office](#).

Find Rehabilitation

- WCB will cover rehabilitation services if your claim is accepted
- Rehabilitation services include treatment by a chiropractor, physiotherapist, naturopath, doctor or specialist
- WCB will cover massage therapy with a doctor's referral
- WCB will cover one rehabilitation service at a time
- Contact WCB if you require more than one type of treatment at a time
- Find a therapist that deals with WCB clients

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- Avoid paying for services out of your own pocket
 - Go to [WorkSafeBC: Health Care Benefits](#) for more information

Stay Connected

- Let WorkSafeBC know
 - If you start a rehabilitation treatment
 - If you are on selective/light duties or are working with wage loss
 - If you have returned to work
- Talk to your employer and first aid attendant about a return-to-work program
- Get confirmation from a doctor if you should be off work or on light duties
- Talk to a doctor and your first aid attendant about appropriate light duties

Note: Keep a personal record of your progress during your recovery. This will help you keep track of information such as improvements, regression, doctor and therapist appointments, or anything else that may be useful for yourself, your employer, and WCB.

Return to Work

- Selective or light duties should aid in your recovery
 - Your employer should give you work that is safe, productive, and within your medical restrictions and physical capabilities
 - Your employer can not give you selective or light duties that will harm you or slow down your recovery
 - You have a right to refuse unsafe work
 - If you refuse selective or light duties offered by your employer, contact WorkSafeBC and your doctor
 - WorkSafeBC will determine if your refusal of selective duties was reasonable
 - If you are seeing a therapist for rehabilitation, inquire about selective duty recommendations and how to safely get back to work
- For more information about returning to work visit WorkSafeBC website: [Rehabilitation and Return to Work](#)
- For employer information about selective/light employment visit WorkSafeBC website: [Selective/Light Employment](#)

Further Information

WorkSafeBC Website:

<http://www.worksafebc.com>

Government of British Columbia Website:

<http://www2.gov.bc.ca/>

Selective/Light Employment Information for Employers:

http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/ph38.pdf

Wage Loss Benefits Fact Sheet:

<http://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety/factsheets/wage-loss-benefits-5648>

Ten Week Wage Rate Review Fact Sheet:

http://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employment-standards-workplace-safety/workers-advisers-office/factsheets/ten_week_wage_rate_review.pdf

Long Term Wage Loss Benefits Fact Sheet:

<http://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety/factsheets/long-term-wage-rate-5642>

Injuries Under Unusual Circumstances Fact Sheet:

<http://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety/factsheets/injuries-under-unusual-circumstances-5618>

Activity Related Soft Tissue Disorders Fact Sheet:

<http://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety/factsheets/astd-5598>

Tree Planting Information:

<http://www.replant.ca>

<http://treeplanting.com>

<http://www.tree-planter.com>

References

WorkSafeBC (2017). Wage Loss Benefits. Workers' Compensation Board of British Columbia, 2017. Retrieved from <https://www.worksafebc.com/en/claims/benefits-services/wage-loss-benefits>