



INJURY PREVENTION

Quick Review of Safety

Workplace Injury Hotline

1.833.523.0277

WHAT TO DO IF YOU ARE INJURED AT WORK

1. Report all work-related injuries immediately to your supervisor. *If the injury is life or limb threatening, call 911.*
2. If your injury is not life or limb threatening, you and your supervisor should call the toll-free Workplace Injury Hotline at **1.833.523.0277**. If your supervisor is unavailable, call the hotline directly. After a short intake conversation, a triage nurse asks questions about the injury and provides treatment recommendations.
3. If self-care is recommended, follow the instructions and return to work. Self-care instructions can be sent to you. If self-care is recommended but you feel you should see a medical provider, you can do that. Tell the nurse that is what you will do while on the phone.
4. Be sure to monitor your condition. You can call the hotline back if you have questions, your condition changes, you have further concerns or you think you should see a medical provider.
5. If a referral for further medical evaluation is recommended, tell the nurse which medical provider you want to use. The nurse will fax your paperwork to the provider. Do not give the provider your personal health insurance information. All workers' compensation claims are processed through MCIT.

If medical care is sought without having called the hotline, then work with your supervisor to report the incident directly to MCIT.

The workplace injury hotline is provided by MCIT and is powered by TriageNow. The hotline is an effective way to offer appropriate care for injured employees as quickly as possible. This helps facilitate faster healing and better outcomes for recovery.



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