

## 3 Do's and Don'ts for Dealing with WorksafeBC

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Accidents and injuries happen at work – it's just a fact of life. Here are some simple tips to make it easier to get your claim accepted, and to get your benefits paid sooner:

- **Don't wait to report** your injury to your employer. The *Workers Compensation Act* requires you to report an injury as soon as you practically can. If you don't report your injury to your employer promptly your compensation could be delayed or you could lose your right to receive compensation.

It is especially important to promptly report injuries from your normal work activities. If you feel a twinge in your back while you're hauling equipment, don't delay reporting, even if you think that you won't need medical treatment and won't miss any work. That twinge could be more serious than you think. Report it: it's better to be safe than sorry.

You can make a verbal report of an injury to your employer but you must fill out a WorksafeBC report form if your employer asks you to do so.

- **Do go to the doctor:** Although the *Workers Compensation Act* doesn't require you to seek medical treatment within a fixed time frame, your chances of having your WCB claim accepted will be improved if you see a doctor about your injury sooner rather than later. Again, this is especially important for injuries that happen while you're doing your normal work. A trip to your doctor or a clinic as soon as possible will help to convince WorksafeBC that your back strain was caused by work, and not by the fact that you cleaned out the garage last Thursday.
- **Report your benefit payments to Local 516.** If you are in receipt of WorkSafe BC wage loss benefits please provide the union office with copies of your benefit payments. The dates of disability are reported on each wage loss benefit you receive from WorkSafe BC and will contribute toward maintaining your Health and Welfare benefits and monthly dues through the union.
- **Having trouble dealing with WorksafeBC? Do call us:** If you are having trouble dealing with a WorkSafe BC claim call Sharon Clark at (604) 882-8212. We are here to help.