

If you get
injured
at work



Shonna Poulin-Gutierrez, Executive Director

1 Notify your Supervisor

Tell your supervisor immediately. Your supervisor will supply you with the Workers' Compensation forms or direct you to your Department Designee. The Office of Workers' Compensation is available to answer your questions at InjuryInfo.WC@maine.gov.

Do you need medical attention?

2 Contact your Department Designee OR your Human Resource Department who will determine if an appointment with a 10 DAY provider is appropriate. If it is an emergency, call 911 or go to the nearest Emergency Department. Inform the medical provider to bill the Office of Workers' Compensation not your health insurance. Refer to the Workers' Compensation card for billing information.

3 Return to work

Communicate with your Supervisor and or Department Designee any work restrictions, follow up treatment or modifications that may be required for your work injury.

Workers' Compensation benefits may include medical treatment and related expenses, travel expenses and lost wages. Contact the Office of Workers' Compensation at InjuryInfo.WC@maine.gov or you may call 207-624-7359 for more information.

Visit our Website at www.maine.gov/bhr/owc