

WORKPLACE INJURIES

- Report your injury right away to your employer, doctor and/or Union Rep.
- Talk about your pain and symptoms - it could help others identify similar injury/illness.
- Talk to any witnesses.
- Record any lost time.
- Keep a copy of forms you fill out.
- Record medical appointments, WSIB meetings and other interactions.
- Report job functions that aggravate your injury.
- Report reoccurrences of injuries and/or symptoms.
- Cooperate/participate with WSIB requests.
- Cooperate/participate with RTW efforts.

**IF YOU HAVE ANY
QUESTIONS CALL US!**



Your Union Representative and Workers' Compensation Department personnel are here to assist you with your WSIB claims and appeals. Call us
905-821-8329 or Toll Free 1-800-565-8329



**United Food & Commercial Workers
Locals 175 & 633**

**Kelly Tosato – President
Jim Mc Lean – Secretary-Treasurer
Karen Vaughan – Recorder**

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WHAT YOUR DOCTOR NEEDS TO KNOW



An information pamphlet provided by your Union.



**Kelly Tosato
President**
Jim Mc Lean
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Remember:

- You know more about your job/duties and the symptoms you experience than your doctor.
- Help your doctor get a clear picture of what you experienced and how your work duties and work related injury relate to your symptoms.



- Workers must file a claim with the WSIB as soon as possible but no later than six months after the injury or diagnosis.
- Claims are processed quicker if there is NO delay in seeking medical attention and reporting injury/illness.
- You have the right to choose your treating physician.
- Seeking a hot or cold pack from the company nurse or visiting the company doctor will not initiate a WSIB claim.
- Workers seeking medical attention from their family doctor, emergency room or walk-in clinic MUST inform them that the injury/illness is work-related.

KEEP COPIES OF EVERYTHING!

DO NOT rely solely on the WSIB, your employer or your doctor to provide you with copies. **ASK FOR THEM.**

Your doctor needs to know:

Location of injury, symptoms or gradual onset of pain, such as:

- pain
- swelling
- stiffness
- numbness
- tingling

Description of work duties including:

- Hours of work/number of shifts.
- Recent changes to job duties.
- Length of time on the job.
- How, if applicable, the injury/illness occurred.

Be specific with the details of your job. It may seem obvious and insignificant but could be very important. You may want to include:

- Reaching - distance, frequency, height, posture.
- Bending - why, how, frequency.
- Lifting - load size/weight, lift frequency, distance to carry.
- Repetition - Frequency, rest time between tasks, body parts & posture required.
- Chemicals - any that can cause illness.
 - Know which chemicals you may be exposed to and request the MSDS from your employer or health & safety rep.

Tell the physician if modified duties are available at your workplace. Some employers provide a modified job description along with a Functional Abilities Form (FAF). Ensure the doctor completes the FAF accurately, specifying the following:

- Diagnosis and area(s) of injury.
- Necessary follow up, tests, therapy, specialists appointments.
- Modified duties, reduced or graduated hours, restrictions.
- Writing 'as tolerated' is too vague and is open to interpretation.
- Repetitive motion limits and the number of times a task can be performed - be specific.
- Pain is not an acceptable reason for refusing modified or remaining off work – it does not properly address what is causing the pain such as swelling or loss/reduced range of motion.
- Detailed reasons why you are off work.

Tell your doctor that you believe your injury or gradual onset of pain/symptoms is work related.

Based on your symptoms and test results, the doctor can confirm that the injury/illness is work related and they **MUST** complete a Physician's First Report. (Form 8)

Ensure the doctor sends the Form 8 to the WSIB and keep a copy for yourself. The WSIB pays the fees for filling out these forms - it does **NOT** pay the worker.

