



# WHAT TO DO IF YOU ARE INJURED ON-THE-JOB

**Immediately report the injury to your supervisor**

**If you would like to seek medical treatment, complete the Workers' Compensation Forms with your Site/Department Secretary**

**If you do not seek medical treatment for your injury complete the First Aid Injury Forms with your Site/Department Secretary**

**Go to the designated treating facility listed on the SISC Request For Medical Services Form**

**If your status changes or if you have any questions please contact the Health, Safety and Wellness Department**

**Follow your doctor's instructions**

**Follow up with Health, Safety and Wellness with your work status report**

Panama- Buena Vista Union School District  
4200 Ashe Road Bakersfield, CA 93313  
(661) 831-8331 Ext. 6177



*Reporting an injury immediately helps prevent delays in treatment/benefits.*