

§9881.1. Notice to Employees Poster.

STATE OF CALIFORNIA, DEPARTMENT OF INDUSTRIAL RELATIONS (SEAL) Division of Workers' Compensation

Notice to Employees – Injuries Caused by Work

Workers' compensation benefits will be provided to you if you get injured or become ill because of your job. You could get hurt by one event (such as hurting your back in a fall) or by repeated exposures (such as hurting your wrist from using vibrating machinery).

Benefits can include:

- Medical care for your injury or illness
- Temporary disability (TD) benefits if you lose wages while recovering
- Permanent disability (PD) benefits if you don't recover completely
- Supplemental job displacement benefit (SJDB) to help pay for retraining or skill enhancement
- Death benefits for your dependents if you die from a job injury or illness

Pre-designating your personal physician or a medical group:

If you have health coverage on the date of injury for medical conditions unrelated to work, you have a right to be treated by your personal physician or a medical group if you notify your employer in writing *before* you are injured. For instructions, see the written information about workers' compensation that your employer must give to all new employees.

If you get hurt:

- **Report the injury or illness to your employer.** Make sure your supervisor or someone else in management knows as soon as possible. If your employer does not learn about your injury within 30 days, you could lose your right to receive benefits.
- **Get emergency treatment if needed.** If it's an emergency, call 911, or go to an emergency room right away.
- **Fill out a claim form and give it to your employer.** Use the form that your employer must give to you after you report your injury or illness.
- **Get medical care.** If you properly pre-designated your personal physician or a medical group, you may go there for treatment. The doctor who sees you will be your primary treating physician. After the first visit, you may be allowed to change to a different doctor as your primary treating physician.

Discrimination:

Is it illegal for your employer to punish or fire you for having a job injury or illness, filing a claim, or testifying in another person's workers' compensation case. If proven, you may be reinstated and reimbursed for lost wages and work benefits.

Workers' compensation insurance information:

- Employer contact person: _____ Phone or email: _____
- Your employer is insured self-insured
- Employer's insurance company or claims administrator: _____
- Phone number: _____
- Website (if available): _____

More information:

For important information about the workers' compensation claims process and your rights and responsibilities, go to www.dwc.ca.gov or contact an Information & Assistance (I&A) officer of the state Division of Workers' Compensation. For recorded information and a list of I&A offices, call toll-free 1-800-736-7401. Address and phone number of nearest I&A officer: _____.

Your employer may not be liable for the payment of workers' compensation benefits for any injury that arises from your voluntary participation in any off-duty, recreational, social, or athletic activity that is not part of your work-related duties.

Note: Authority cited: Sections 133, 138.3, 139.6, 3550, 4603.5 and 5307.3, Labor Code. Reference: Sections 132(a), 139.6, 3550, 4600, 4600.3, 4601, 4603, 4604.5, 4616, 4656, 4658.5, 4658.6, 5400, 5401 and 5402, Labor Code.