




# WHAT DO YOU DO IF YOU HAVE A WORKPLACE ACCIDENT, INJURY, OR ILLNESS?



# Puget Sound Workers' Compensation Trust is here to help you.

-  1 Report the incident to your supervisor and call the Nurse Triage Helpline at 833-WCT-NURS (833-928-6877).
-  2 In the event of a life threatening injury, call 911.
-  3 If you indicated that you have sought, or intend to seek medical care, a claim for workers' compensation benefits will be established for you. You will hear from PSWCT within 3 business days.

## Have questions? Contact Us!

**Puget Sound Workers'  
Compensation Trust**  
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