What should I do if I get hurt at work?

REPORT: Report the injury or illness to your supervisor In person, by email, call, or text

> **GET HELP:** If your employer does not refer you to a doctor, see your family doctor or ER if emergency





KNOW YOUR RIGHTS:

Contact GG&F for an appointment

Call 805-880-5661 as soon as possible

Questions?

Questions About Workers Compensation?

Contact Ghitterman, Ghitterman & Feld: 805-214-8888 | workcomp@ghitterman.com | www.Ghitterman.com