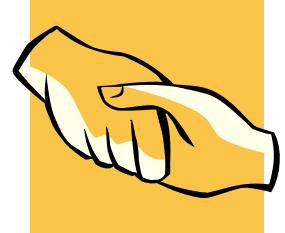


GUIDE to a 10-minute conversation about What if you are hurt on the job?

1. Introduce yourself.

- I work with the Alliance of Forest Workers and Harvesters.
- The Alliance is a local worker organization that provides assistance with workplace issues including on-the-job health and safety.



2. ASK: Have you ever been injured on the job? What happened?

- Have a short conversation about their injury, thinking about what they might need to know.

3. Do you know if your employer is required to pay for any medical treatment you need if you are injured on the job?

- Yes. The employer must carry **workers' compensation insurance** that will cover your medical care if you are hurt on the job.

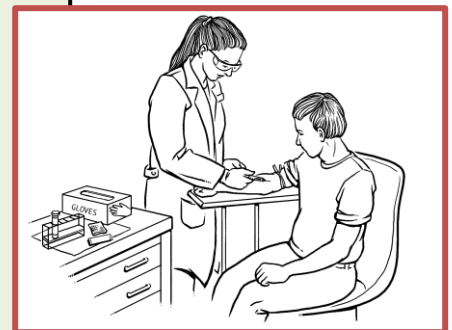


4. ASK: What else is the employer required to provide if you are injured?

- Medical care for your injury, whether or not you miss time from work.
- Payments if you lose wages for more than 3 days.
- Other benefits if you become permanently disabled.

EXPLAIN:

- You have a right to benefits no matter who was at fault for your job injury.
- You don't have to be a legal resident of the U.S. to receive benefits.



5. ASK: What should you do if you are injured on job?

- Tell your supervisor right away.
- Get first aid or medical treatment. Call 911 or radio for help if needed.
- File for workers' compensation if you need medical treatment or lost time at work.



6. ASK: How can you get first aid?

- Your employer is responsible for ensuring that you get first aid, and if necessary, get taken for medical treatment.
- Oregon OSHA requires every forest worksite to have a first aid kit, and at least one working 2-way radio.
- Oregon OSHA also requires that employers train all forest workers in first aid and CPR in their first 6 months on the job.

ASK: What if your employer does not provide medical care?

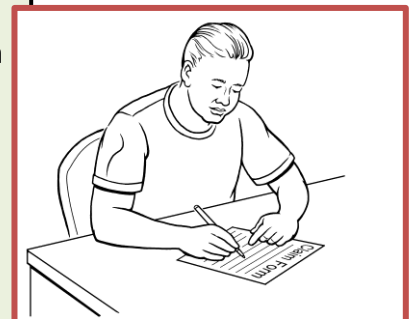
- There are clinics listed in the booklet where you can go for free or inexpensive medical care.

Show them pages 28 and 29 in the booklet.



7. ASK: Do you know how to file for workers' compensation?

- Request a claim form (*Oregon Form #801, Report of Job Injury or Illness*) from your employer if he or she does not give you one.
- Fill out the claim form and give it to your employer. Keep a copy.
- Fill out the second claim form (*Oregon Form #827, Worker's and Health Care Provider's Report for Workers' Compensation Claims*) from your health care provider and give it to your employer. Keep a copy.



8. ASK: Can your employer fire you for reporting your injury?

- This is against the law, but it can happen, and it may be hard to get your job back.
- The Alliance can help you file a complaint with BOLI (the Oregon Bureau of Labor and Industries), or get other help to get your job back.
- You can also get help from the Oregon Ombudsman for Injured Workers and from the Workers' Compensation Compliance Section.

Show them pages 24-25, and 26-27 in the booklet.



9. Do you have any questions for me? Are there any concerns you have about your work?

10. Would you be interested in coming to a workshop on this topic? We are currently offering two different workshops:

- Your rights on the job and staying safe at work
- What if you get hurt on the job?

11. Get their contact information if they are interested and write it next to their name on the attendance sheet.

