




# 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  
800 Oakesdale Ave SW  
Renton, WA 98057



[www.pswctup.org](http://www.pswctup.org)



[pswct@psed.org](mailto:pswct@psed.org)

