

Report pain

This still hurts...

What should I do?

If I tell someone...

They might think I'm faking.

The boss might be angry.

Maybe I should just keep working.

FACT

The sooner you report and deal with an injury, the better your health outcome **and** the financial outcome for both you and your company.

Strains and sprains often don't go away on their own. Without treatment, they can get worse.

Report pain early.



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