

# CHITTENDEN NEWS

Latest and Trusted News

## Workplace Injuries: The First 24 Hours Matter!

When an employee is **injured on the job**, the first **24 hours are crucial**. A timely, organized response can promote recovery, reduce claim costs, and **protect your organization**. Here's what every employer should prioritize:

### 1. Report the Injury Immediately

Quick reporting keeps you compliant with OSHA, limits claim delays, and improves recovery outcomes. Assign a manager to report injuries internally and to your insurance carrier without delay.

### 2. Provide Prompt Medical Care

Have a trained supervisor assess the injury and decide the next steps—first aid, hospital visit, or occupational clinic. Pre-established relationships with medical providers make this smoother and more effective.

### 3. Initiate a Return-to-Work Plan

Start planning the employee's safe return early. Communication between the employee, supervisors, medical providers, and claims adjusters helps prevent reinjury and supports a smooth transition back to work.

## FACT

Delayed reporting workplace injuries can result in a 51% increase in associated costs.

## Stay Cool, Stay Safe

To prevent heat-related illness, ensure workers hydrate with water every 15–20 minutes—don't wait for thirst.

**Schedule** frequent shaded or indoor breaks, especially during peak afternoon heat.

**Rotate** strenuous tasks and encourage early reporting of symptoms like dizziness or fatigue.

**Train** supervisors to recognize heat stress early and respond promptly.

A proactive plan keeps your team safe, healthy, and productive—even in extreme summer heat.

Contact Us

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