

If you are injured while performing your job duties, you must notify your employer as soon as possible. Colorado law requires that you provide written notice of the injury within ten (10) days of the incident. Failure to report promptly may affect certain benefits; however, you may still have the right to file a claim - so do not delay in reporting your injury.

What to do if you get injured

1. For non-emergency situations or follow-up care, seek treatment from a Designated Medical Provider (DMP) (see Resources below).
2. Contact your supervisor or faculty sponsor/designee to:
 - a. Confirm they are aware of your injury or illness.
 - b. Report any time missed from work due to the injury or illness.
 - c. Provide copies of any medical reports to verify your ability to return to work.
3. Follow all instructions from the DMP regarding medications, work restrictions, and treatment plans.
4. Attend all scheduled medical appointments. Direct any medical questions to your DMP.
5. Depending on the severity of your injury, your assigned adjuster may or may not contact you regarding your claim. An Introduction to Workers' Compensation packet will be mailed to you containing additional information and your adjuster's contact information. If you have any questions or concerns, please reach out to the URM main office at 303-860-5682 or toll-free at 888-812-9601.

Reporting an Injury for Worker's Compensation

If you are injured on the job, you must report your injury. There are no negative consequences for reporting. You are not required to seek medical care if you choose not to. To report an incident, visit <https://www.cu.edu/risk/incident-procedure> and complete either the "Employee's Injury Report Form" or the "Needlestick or Body Fluid Exposure Report Form," whichever applies to your situation.



Resources

For non-emergency care, please visit one of the approved providers listed below who work with CU Workers' Compensation. Do not present your personal health insurance information. Inform the provider that your visit is related to a Workers' Compensation injury and that you are employed by CU. If you experience any issues please contact URM immediately.
<https://www.cu.edu/risk/dmp>

