



**Wednesday Night  
OWCP CHATS**  
8pm est

**BREAKING  
OWCP**

# STOP DENIED CLAIMS

How to Greatly Improve the Chances of Getting Your Injury Claim Approved



**Roughly 1 out of 7** injured federal employees has an accepted injury claim.

Denied claims often lead to terrible consequences for people who want to work but can't due to their injury. These are just a few of those consequences.

- Loss of Employment
- Loss of Income
- Loss of Home
- Pain and Disability
- Depression and Anxiety
- Harassment by Management

# Why Are So Many Claims Denied?

1. Injured Employees Don't Write Detailed Employee Statements.
2. Doctors Don't Know How to Write Great Narrative Reports.
3. Employees Don't Know What to Do When Hurt at Work (Form CA-10).
4. Employees Go to the Wrong Doctors.
5. Management Fails to Give Copies of all Forms to the Injured Worker for the Doctor to Review.



## **Why Else Are So Few Claims Approved?**

Simply put: Too many federal employees don't know how to file injury claims, people are scared to report injuries, and they don't have enough help from people who should be helping.

**So, they never attempt the claim in the first place.**

# **Work Injuries are a Sad Reality: They Happen But, Reporting Injuries is Easy**

Don't be scared or overwhelmed with the thought of filing a work injury. It's actually quite simple.

1. Report to your supervisor immediately. Do not delay because you will lose important benefits by doing so.
2. When you report, tell you supervisor to give you a CA-16 if your injury happened in a single work shift (CA-1).
3. When you report, fill out form CA-1 or CA-2 (depending on how the injury occurred), tell your supervisor to fill out their portions, and get copies of everything. The receipt is attached to the CA-1 and CA-2. Be sure you get that as well to prove that you reported on-time.
4. Take all of your form copies with you to the doctor of your choosing.

**And that's it!**

# Have you Seen This Form?

Go to [www.federalinjurycenters.com](http://www.federalinjurycenters.com) and print the CA-10 from the OWCP Forms page.

Post it in your breakroom on the employees' bulletin board as the form instructs you to do.

Knowing what to do when injured at work will greatly increase your chances of success.

## What A Federal Employee Should Do When Injured At Work



Report to Supervisor	Every job-related injury should be reported as soon as possible to your supervisor. Injury also means any illness or disease that is caused or aggravated by the employment as well as damage to medical braces, artificial limbs and other prosthetic devices.
Obtain Medical Care	Before you obtain medical treatment, ask your supervisor to authorize medical treatment by use of form CA-16. You may initially select the physician to provide necessary treatment. This may be a private physician or, if available, a local Federal medical officer/hospital. Emergency medical treatment may be obtained without prior authorization. Take the form CA-16 and form OWCP-1500/HCPA-1500 to the provider you select. The form OWCP-1500/HCPA 1500 is the billing form physicians must use to submit bills to OWCP. Hospitals and pharmacies may use their own billing forms. On occupational disease claims form CA-16 may not be issued without prior approval from OWCP.
File Written Notice	In traumatic injuries, complete the employee's portion of Form CA-1. Obtain the form from your employing agency, complete and turn it in to your supervisor as soon as possible, but not later than 30 days following the injury. For occupational disease, use form CA-2 instead of form CA-1. For more detailed information carefully read the "Benefits ..." and "Instructions ..." sheets which are attached to the Forms CA-1 and CA-2.
Obtain Receipt of Notice	A "Receipt" of Notice of Injury is attached to each Form CA-1 and Form CA-2. Your supervisor should complete the receipt and return it to you for your personal records. If it is not returned to you, ask your supervisor for it.
Submit Claim For COP/Leave and/or Compensation For Wage Loss	If disabled due to traumatic injury, you may claim continuation of pay (COP) not to exceed 45 calendar days or use leave. A claim for COP must be submitted no later than 30 days following the injury (the form CA-1 is designed to serve as a claim for continuation of pay). If disabled and claiming COP, submit to your employing agency within 10 work days medical evidence that you sustained a disabling traumatic injury. If disabled beyond the COP period, or if you are not entitled to COP, you may claim compensation on form CA-7 or use leave. If disabled due to occupational disease, you may claim compensation on form CA-7 or use leave. A claim for compensation for disability should be submitted as soon as possible after it is apparent that you are disabled and will enter a leave-without-pay status.

The Federal Employees' Compensation Act (FECA) is administered by the U.S. Department of Labor, Office of Workers' Compensation Programs (OWCP). Benefits include continuation of pay for traumatic injuries, compensation for wage loss, medical care and other assistance for job-related injury or death. For additional information about the FECA, read pamphlet CA-11, "When Injured at Work" or Federal Personnel Manual, Chapter 810, Injury Compensation, available from your employing agency. The agency will also give you the address of the OWCP Office which services your area.

### Post on Employees' Bulletin Board

U.S. Department of Labor  
Office of Workers' Compensation Programs







# It's Not Too Late!

Another reason some people never attempt to file a work injury claim is because they think they've missed their deadlines for reporting. They're told they had 3 days, or 2 weeks, or 30 days to report a work injury. That's false!

**You have 3 years to report a federal work injury.**

So, if you're someone who is struggling to make it through your next work shift because you were hurt at work, it's probably not too late.

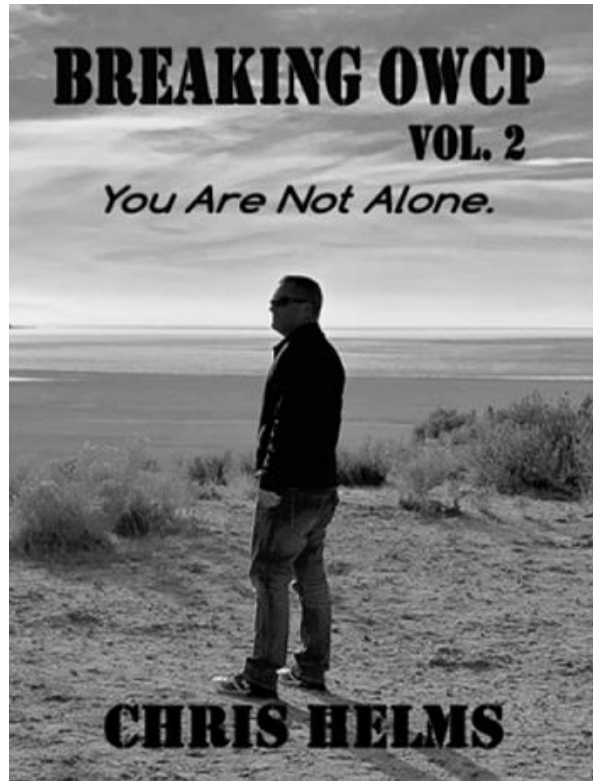
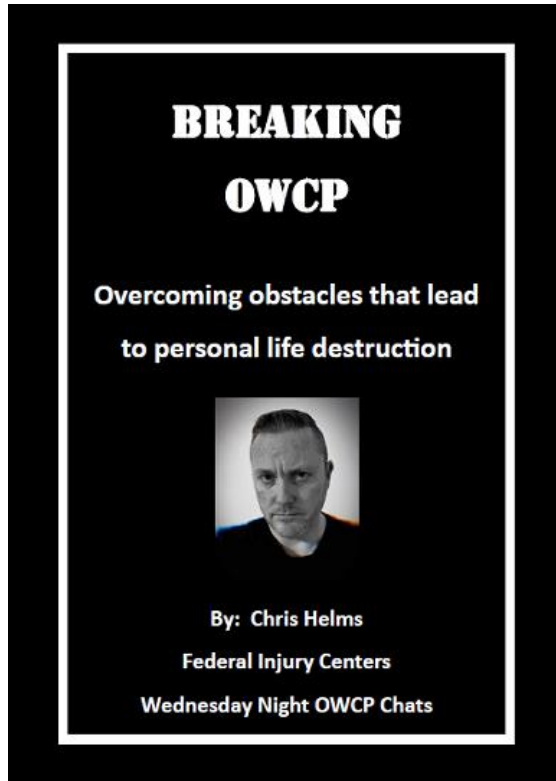




# Knowledge is Power

People who know the rules and understand the OWCP system have the best chance at getting their injury claims approved. Until the last few years, nobody has really been there to teach OWCP to federal employees. Unions do the best they can. They usually have someone who specializes in OWCP. That's great. We need more people who can help injured workers, not fewer. But, until now, nobody has taught OWCP in a way that is easily understood and in a comprehensive manner that leads to success for everyone. If you have this free report, then you have access to the best information that has ever been produced to help you make it through your work injury journey to the other side so you can make it all the way to retirement.

# Knowledge is Power



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Weekly live training with Chris and Gini on Facebook about OWCP rules, laws, and regulations where we answer your questions in real-time and help to solve your OWCP problems.



Visit [www.BreakingOWCP.com](http://www.BreakingOWCP.com)

