



What to Do if You Get Injured at Work

1. Report the injury to your Supervisor.
2. Complete a First Report of Injury (FROI) form and submit it to Safety.Environmental@bangormaine.gov.
 - The FROI form can be found on the Safety and Environmental Management webpage: <https://www.bangormaine.gov/Workplace-Injury-or-Illness>
3. If the employee requires medical care for a non-emergent injury, send the employee to Concentra Urgent Care. Fill out the Concentra authorization form found on the Safety and Environmental Management webpage and have the employee bring the form to Concentra.

Concentra Urgent Care - Bangor
34 Gilman Rd.
Bangor, ME 04401
207-941-8300
Monday - Friday: 7:00 am - 4:00 pm

4. If transportation is needed to and from Concentra, the Supervisor will call the clinic to request a ride.

What if you are injured outside Concentra's office hours?

Northern Light Walk-in Care
915 Union St. - Suite 4
Bangor, ME 04401
207-973-8030
Monday - Sunday: 8:00 am - 7:00 pm (Closed Wednesdays)

What if you are injured outside of Concentra & Walk-in care office hours?

If Northern Light Walk-in Care is closed
St. Joseph Hospital Emergency Department
360 Broadway
Bangor, ME 04401
(207) 907-1000

What if it is an emergency?

Call 911. An ambulance will transport the injured employee to the Hospital's Emergency Department. Immediately, contact Safety and Environmental Management to report the incident (207-812-8922).