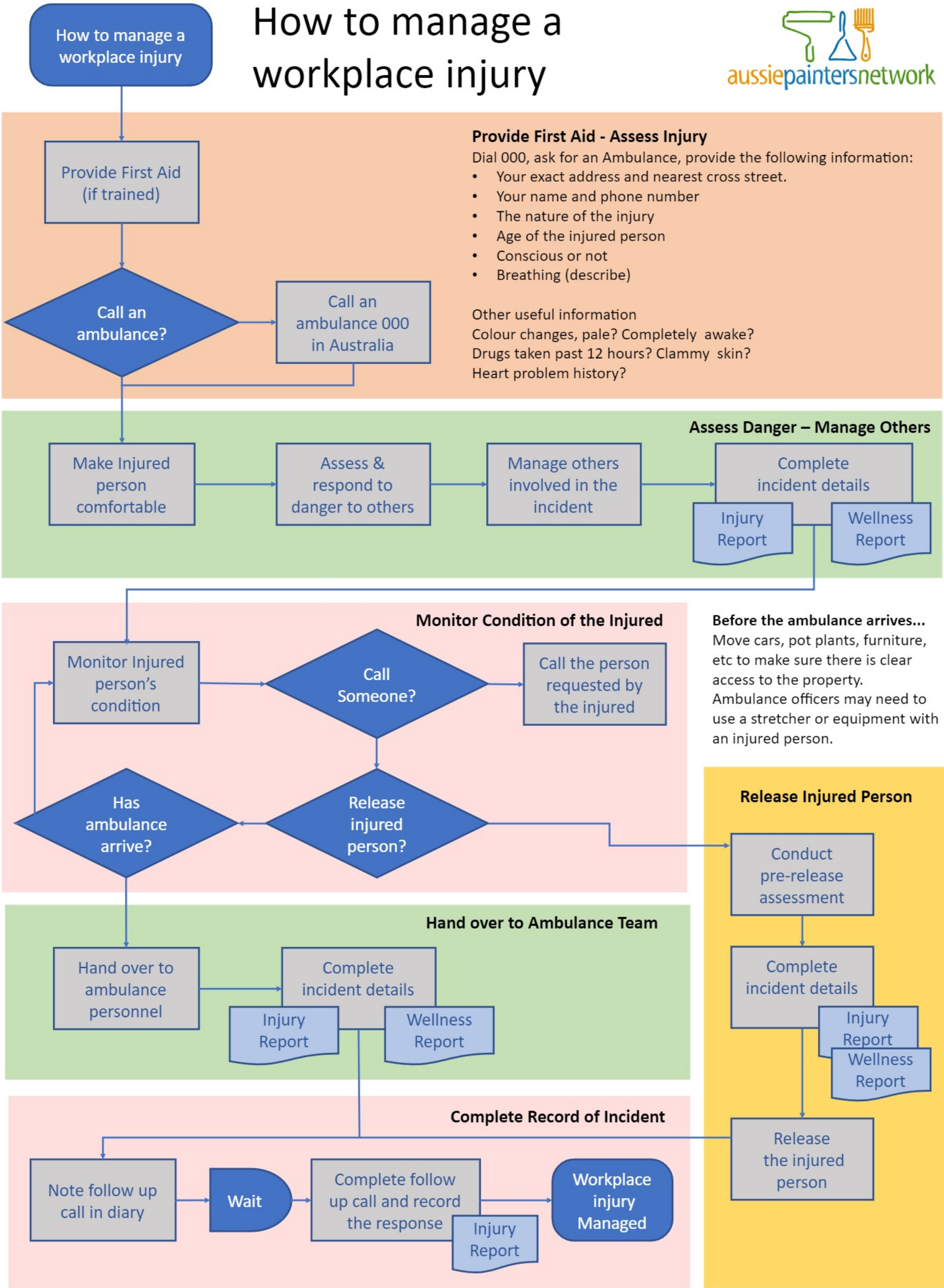How to manage a workplace injury