

FORM CA-1 · COMPANION GUIDE

Federal Employee's Notice of Traumatic Injury

What the CA-1 does, when to use it, and how to give your claim the best chance of acceptance.

The CA-1 is the form federal employees file when they experience a traumatic injury — an event, accident, or incident that happened during a single workday. It notifies your agency and the Office of Workers' Compensation Programs that you're seeking benefits under the Federal Employees' Compensation Act (FECA).

When to use this form

Use a CA-1 when something specific happened at work that caused your injury: a fall, a lifting incident, a collision, equipment failure, or any other identifiable event during a single workday. **File as soon as possible** — ideally the same day. Filing within 30 days of the injury preserves your full benefits; beyond that window, the claim becomes significantly harder to win.

What goes on the form

Your personal and employment information, the date and time of injury, the specific location where it happened, a detailed description of what occurred, a description of your injury and the body parts affected, the names of any witnesses, and your supervisor's information.

What happens after you file

Your agency submits the CA-1 through ECOMP (Employees' Compensation Operations & Management Portal). OWCP then reviews the form alongside your medical evidence. Acceptance is based on five factors: your status as a federal employee, the timeliness of filing, the occurrence of the event, a diagnosed injury, and a clear causal relationship between the two.

The CA-16 — ask for it immediately

For traumatic injuries, your employing agency is required to issue a CA-16 (Authorization for Examination and/or Treatment) within 4 hours of your request. The CA-16 authorizes medical treatment during the first 60 days of your injury — meaning you can start care right away without waiting for claim acceptance. Bring it to your first visit.

Common CA-1 mistakes

Vague injury descriptions ('my back hurts'), inconsistent dates between the CA-1 and medical records, failure to mention every body part that was affected, and filing late without explanation. Each of these creates openings for OWCP to issue a development letter or denial.

How NuThera helps

Our clinical team completes the medical sections with the clinical specificity and causation language OWCP requires. We document your diagnosis, connect the condition directly to the workplace event, set appropriate work restrictions, and provide the attending physician's report that will become the foundation of your claim file.

Get the official form:

<https://www.dol.gov/agencies/owcp/FECA/regs/compliance/forms>

Need help with your OWCP claim?

Call NuThera at (725) 726-7914 or request an appointment online at nuthera.us/contact. Two Southern Nevada locations, OWCP-enrolled, multidisciplinary care.