

There's been a work-related incident. What do you do?

For workers

- 1** Seek first aid and/or medical treatment – where appropriate, your employer must provide first aid
- 2** Notify your employer – inform your employer that you have a work-related injury or illness as soon as possible
- 3** Ask your employer for their insurer's details – your employer is to notify the insurer about the incident within 48 hours, but you or your representative may also inform the insurer
- 4** Stay connected with your employer – being supported helps the recovery process
- 5** Focus on recovery – aim to stay at work in some capacity, or return to work as soon as you are able
- 6** Develop a recover at work plan – work with your employer to identify suitable work options

Recover at work

Connecting

Staying connected and communicating with your employer is a collaborative approach to achieving safe recovery at work. The longer you are away from work, the less likely you are to return.

Planning

Help your doctor to help you. Provide information about your usual work duties and other short term work options to support recommendations about what you can do at work.

Working

Working helps you stay active which is an important part of your recovery. Staying active after injury can reduce your symptoms and helps you return to your usual activities at home and at work sooner.

For more information about making a claim for a work related injury or illness talk with your employer, the insurer, or contact SIRA at www.sira.nsw.gov.au or on 13 10 50.