

# INJURED AT WORK?



## DO:

- ✓ **Treat** your injury seriously, no matter how minor.
- ✓ **See** your own Doctor.
- ✓ **Get** your Doctor to fill out a Work Capacity Certificate.
- ✓ **Fill** out a work injury claim form if you need time off work or have medical bills.
- ✓ **Fill** out an incident report form at work.
- ✓ **Keep** copies of all documents and keep a diary.
- ✓ **Take** a witness if you talk to management or an investigator.
- ✓ **Choose** your own rehabilitation provider.
- ✓ **Contact** your Union if you need advice or help.

## DON'T:

- ✗ **Be** talked out of making a claim.
- ✗ **Be** told what Doctor to see – see your own Doctor.
- ✗ **Just** rely on information from your employer or from an insurer.
- ✗ **Allow** your employer or insurer into your Doctor appointment.
- ✗ **Do** it alone. Contact your Union for advice and help.
- ✗ **See** an employer's or insurer's Doctor alone – take someone with you.



For further assistance contact Workers Health Centre on (02) 9749 7666.

Injured at Work?  
Scan to access  
our online  
referral form.

