

If you get injured at work

1 Tell your employer

Tell your employer as soon as you can. Your employer must notify the insurer within 48 hours. If your injury is serious, your employer must notify SafeWork NSW immediately on 13 10 50.

2 See your doctor

See your doctor and get a *certificate of capacity* for your employer to send to the insurer.

3 Recover at work

If you are able, stay at work or plan how to return to suitable work as early as possible.

You can claim medical expenses, and will get weekly payments if you need time off work. If you need more than seven days off work, you must participate in an injury management plan.

Recover better at work

Evidence shows you recover from an injury better at work than at home.

Being off work impacts on your health and wellbeing, your financial situation and your relationships with family and friends.

If a workmate is off injured, stay in touch and support their return to work.

SafeWork NSW is the workplace health and safety regulator.

The State Insurance Regulatory Authority (SIRA) regulates workers compensation insurance in NSW.

For more information go to safework.nsw.gov.au or sira.nsw.gov.au or call 13 10 50.

Your employer's workers compensation insurer is:

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Your return to work coordinator is:

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