If you get injured at work

NSW GOVERNMENT

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 make a workers compensation claim which may cover medical expenses, and weekly payments if you need time off work. Contact your employer's insurer for more information.

RECOVER BETTER AT WORK

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

Being off work can affect your health and wellbeing, your financial situation and your relationships with family and friends.

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

Your employer's workers compensation insurer is:
....

Your return to work coordinator is:
....

SafeWork NSW is the work health and safety regulator. The State Insurance Regulatory Authority (SIRA) regulates workers compensation insurance in NSW. The Workers Compensation Independent Review Office (WIRO) manages workers' unresolved enquiries, or workers' complaints about insurers.

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

For WIRO go to wiro.nsw.gov.au or call 13 94 76.