

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, and must call WorkCover immediately if your injury is serious.

2 See your doctor

See your doctor and get a *WorkCover NSW 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.

For more information call WorkCover on **13 10 50**.

The person responsible for coordinating return to work at this workplace is:

The details of your employer's workers compensation insurance are:
