

# What to do if there's been a work-related injury?

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 must notify their insurer about the injury within 48 hours of becoming aware of it. 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 and develop a written recover at work plan.

### Recover at work



#### Connect

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.



#### Plan

Seek help and advice from a medical professional. Provide information about your usual work duties and other short term work options to support recommendations about what you can do at work.



#### Work

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.