



What to do if you have a workplace injury or illness



Tell someone about it

Notify your supervisor and/or contact the injury management team on 3931 ASAP.



Seek Medical Advice

Always seek medical advice. Inform the doctor that the injury occurred at work. They will issue you with a certificate of capacity.



Complete an incident report

Ensure a SafetyNet incident report is completed. If you are unable to complete a report yourself ensure someone else completes on your behalf.

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