

INJURED AT WORK?

DO

DO see your own doctor, not the company doctor

DO get your doctor to fill out the correct section of the worker's compensation form

DO fill out an Incident Report, give it to your supervisor and HSR/ delegate, note any witnesses

DO fill out a compensation form

DO keep a diary and copies of all documents

DO treat injuries seriously, no matter how minor

DON'T

DON'T be talked out of submitting a claim form for compensation

DON'T be told what doctor to consult – going to your own doctor is your RIGHT

DON'T go to a company doctor for medical treatment – in a disputed claim, you would be relying on the company doctor's evidence*

DON'T allow a management representative into your doctor's appointment/consultation with you

DON'T agree to your employer and doctor discussing your medical condition or return to work unless you are present

DON'T go it alone – contact the AMWU for help or advice

*during workers' compensation claims the insurer/employer can ask for a medico-legal opinion – check with the union if you have doubts.