

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, keep a copy, refer it to your supervisor and HSR/delegate, and note any witnesses
- DO** fill out a compensation form
- DO** keep copies of all documents and keep a diary
- DO** treat injuries seriously, no matter how minor
- DO** contact your Union if you need any advice or help



AMWU

AMWU Care

*A counselling service for members
and their families*

1800 206 316



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Injured at work? Don't...

- DON'T** be talked out of submitting a compensation claim form
- DON'T** be told what doctor to see – seeing 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** assume that all managers/employers will advise you correctly
- 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 your Union if you need any help or advice

*Authorised by Paul Bastian, AMWU National Secretary
Made in Australia by AMWU Members*