

# 关于工伤疾病的十条黄金法则



## 1. If you have a work injury/illness always **NOTIFY** your employer eg first aid book, register of injuries, accident report book.

如果你遇到工伤疾病，请务必每次都告知你的雇主，比如登记在急救登记册，受伤登记或者意外报告册。

## 2. You have the right to see your **OWN DOCTOR** for all work injuries/medical conditions. You should always see your own doctor in relation to your treatment and fitness for work, not the company doctor.

对于你工伤的情况，你有权去看自己的医生。对于你的治疗和工作健康现状，请务必由自己的医生诊断，而不应去依靠公司医生。

## 3. **NEVER** agree to an employer representative sitting in on your medical appointments, even for a work injury/illness. You can and should say no to this. This is your legal right.

请务必拒绝公司的代表参与你的会诊，即便是与工作有关的受伤和疾病，也请务必拒绝，这是你的合法权益。

## 4. If you need **TIME OFF WORK OR MEDICAL TREATMENT** for a work injury/illness you have a right to make a workers' compensation claim. Make sure your Doctor fills out the correct forms.

如果你由于工伤疾病需要休假或者会诊，你有权在这时完成你的工伤补偿申请。确保你的私人医生填写对应的表格。

## 5. **NEVER** accept the advice of an employer who tells you not to lodge a workers' compensation claim – this is illegal. If in doubt, make a claim to protect yourself.

当你的雇主要求你不要提交工伤补偿申报，请不要接受这样的建议，这是违法的。如果对自己的情况不确定，请提交申请来保护自己。

## 6. If in doubt contact the **AMWU Helpdesk** or your union delegate. If necessary we can refer you to legal or other expert advice.

如果对自己的情况有疑问，可以联系AMWU工会帮助热线或者你的工会代表。如果必要，我们会为你提供法律及专家援助。

## 7. If your Doctor has said you are not fit for duties, **NEVER** allow an employer representative to force you or your doctor to amend a medical certificate to say you are fit for duties.

如果你的医生说你现在不适合工作，不要让企业代表强迫你或者你的医生修改诊断以证明你可以工作。

## 8. **YOU** may have a workers' compensation claim for old injuries and medical conditions made worse by work. Get expert advice.

如果现在的工作加重了你原有的工伤疾病，你可能也需要提交工伤申请。请向专家咨询。

## 9. **NEVER** accept any lump sum or redemption payments etc. from your employer or workers' compensation insurer without seeking expert advice.

在咨询专业意见之前，永远不要接受雇主或者保险公司的一次性的、补偿性的付款。

## 10. Safe work and full compensation rights for injured workers are not negotiable for the **AMWU**.

对于安全工作及受伤工人的全额补偿，AMWU绝不允许任何妥协。

欢迎联系AMWU帮助热线

