



Workplace Injuries – Know Your Rights

Workplace injuries can be confusing and distressing to deal with. It can be difficult to know what to do and who to speak with especially when you may be pulled and pushed in a direction wanted by the company.

If you are a **WMWA** member the answer is simple, get in touch with an Organiser as soon as practical after an injury has occurred. Seeking advice in the early stages of an injury can save a lot of hassle later on especially in workers compensation matters.

A benefit of being a member of the Union is access to expert advice and referral to independent injury management specialists **FRESHSTART** who have helped dozens of **WMWA** members get back to work safely after injury. Don't be pressured into being rushed back to work to avoid an LTI, workers injuries are all too often made worse by not receiving the rehabilitation they require.

From FRESHSTART'S website –

We believe that to be successful with rehabilitation we need to adopt a holistic approach to recovery, in doing so we rely on the expertise of our team, made up of *Psychologists, Exercise Physiologists, Occupational Therapists, a Registered Nurse, a Physiotherapist and a Social Worker*. All of our staff are experienced in rehabilitation and the workers compensation system.

Our team understands that rehabilitation needs to be caring and supporting injured patients, not pressuring return to work outcomes as more important than the symptoms and treatment. We employ good people, who care about clients and involve them in all processes of rehabilitation.

There are 3 parts to a rehabilitation case, these are:

1. Treatment
2. Return to work rehabilitation
3. **Understanding your rights and responsibilities**

For more information contact Andy on – 0417006100 or Jeff on - 0417667282