



If you get injured at work

1 Tell your employer

Tell your employer as soon as you can. Your employer must notify the insurer within 48 hours. If your injury is serious, your employer must notify SafeWork NSW immediately on 13 10 50.

2 See your doctor

See your doctor and get a *certificate of capacity* for your employer to send to the insurer.

3 Recover at work

If you are able, stay at work or plan how to return to suitable work as early as possible.

You can make a workers compensation claim which may cover medical expenses, and weekly payments if you need time off work. Contact your employer's insurer for more information.

RECOVER BETTER AT WORK

Evidence shows you recover from an injury better at work than at home.

Being off work can affect 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.

Your employer's workers compensation insurer is:

Southern Meats

Your return to work coordinator is:

Claire Graham & Tiarna Mackie

SafeWork NSW is the work health and safety regulator. The State Insurance Regulatory Authority (SIRA) regulates workers compensation insurance in NSW. The Independent Review Office (IRO) manages workers' unresolved enquiries, or workers' complaints about insurers.

For more information go to safework.nsw.gov.au or sira.nsw.gov.au or call 13 10 50.

For IRO go to iro.nsw.gov.au or call 13 94 76.

This poster summarises the requirements of the *Workplace Injury Management and Workers Compensation Act 1998* with regard to notifying injuries and making claims. Every employer must ensure information regarding notifying injuries and making claims is available at all times to workers as required under section 231 of the *Workplace Injury Management and Workers Compensation Act 1998*.

工伤之后 怎么办

1 告诉雇主

尽快通知雇主。雇主必须在48小时内通知保险公司。如果伤势严重，雇主必须立即打电话 13 10 50 通知 SafeWork NSW。

2 找医生就诊

找医生就诊，开 *certificate of capacity* (能力证明)，让雇主发送给保险公司

3 在工作岗位恢复

尽可能继续工作，或尽可能回单位做合适的工作。

您可以申请工伤理赔，报销医疗费用；如果需要休假，可以领到每周的工钱。详情请与雇主的保险公司联系。

RECOVER BETTER AT WORK 在工作岗位能恢复得更好

证据表明，工伤在工作岗位能恢复得比在家更好。

离开工作岗位会影响健康幸福、财务状况以及与家人朋友的关系。

如果同事受伤休假，应与他们保持联系，支持他们重返工作岗位。

您的雇主的工人赔偿保险公司是：

Southern Meats

帮您返回工作岗位的协调员是：

Claire Graham & Tiarna Mackie

SafeWork NSW是职业健康和安全监管机构。State Insurance Regulatory Authority (SIRA) 监管NSW的工人赔偿保险。Independent Review Office (IRO) 负责管理工人未解决的问题，或者工人有关保险公司的投诉。

详细资料请见：safework.nsw.gov.au 或 sira.nsw.gov.au 或打电话 13 10 50。

如果要跟 IRO 联系，请访问网站 iro.nsw.gov.au，或者打电话 13 94 76。

本报概要介绍了 Workplace Injury Management and Workers Compensation Act 1998对受伤通知和索赔的要求，每个雇主都必须按照 Workplace Injury Management and Workers Compensation Act 1998第231条的要求，确保工人在任何时候都能够查询关于受伤通知和索赔的要求。