SIRA

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 work to help you get better sooner. Your employer is required to provide suitable work to help you recover.

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

Icare	134422
Your employer's workers compensation insurer	Contact
Tracy Paterson	0402243559
Your employer or return to work coordinator	Contact

All employers must ensure information regarding notifying injuries and making claims is available to workers at all times under NSW legislation.
Visit sira.nsw.gov.au/injuryatwork for more information or email contact@sira.nsw,gov.au or call 13 10 50.

State Insurance Regulatory Authority

NSW GOVERNMENT

SIRA09181