

# At work, you can recover better

Evidence shows you recover from an injury better at work than at home. Being off work impacts on your health and wellbeing, your financial situation and your relationships with family and friends. If a workmate is off injured, stay in touch and support their return to work.

**If you get injured at work, follow these steps to get the support you need and recover better**

1



## Tell your employer

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

Get a certificate of capacity from your doctor and give it to your employer to send to the insurer. You can claim medical expenses and will get weekly payments if you need time off work. If you need more than seven days off work, you must participate in an injury management plan.

3



## Recover at work

If you are fit enough, stay at work or plan how to return to suitable work as early as possible to recover faster.

**Your employer's workers compensation insurer is icare.**

Workers compensation claims are handled by: \_\_\_\_\_

Your return to work coordinator is: \_\_\_\_\_

icare (Insurance and Care NSW) delivers the insurance and care schemes for the NSW community. Our purpose is to protect, insure and care for the people, businesses and assets that make NSW great. icare workers insurance protects over 3.3 million workers in NSW. SafeWork NSW is the workplace 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](http://safework.nsw.gov.au) or [sira.nsw.gov.au](http://sira.nsw.gov.au) or call 13 10 50. For IRO go to [iro.nsw.gov.au](http://iro.nsw.gov.au) or call 13 94 76.