

# Injured at work?

## What to do...

# 1

### TELL your employer

Let your employer know of your injury as soon as you can

# 2

### SEE your doctor

If you are restricted in your ability to work due to your injury, get a *Medical certificate of capacity* \*

# 3

### RECOVER at work

If you are unable to stay at work, discuss with your treating doctor and your employer how to return to suitable work as early as possible

\*You can claim medical expenses, and will get weekly payments if you need time off work.

If you need to lodge a Workers Compensation Claim, you must provide a *Medical certificate of capacity* completed by your medical practitioner and fill in and sign Part 1 of the *Workers Compensation Claim Form* available on the NT WorkSafe website at [www.worksafe.nt.gov.au](http://www.worksafe.nt.gov.au)

## Recover better at work

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.

For more information call NT WorkSafe on **1800 250 713**

The person responsible for coordinating return to work at this workplace is:

The details of employer's workers compensation insurer are: