

# Injured at Work?

If you're injured at work or suffer a work-related disease *You should*

**1** Report the injury or disease to your employer immediately

**2** Record the details (e.g. complete an accident/incident form and keep a copy)  
describe the actual injury  
how it happened  
date, time and place  
list any witnesses

**3** Visit your doctor if appropriate  
ask your doctor to complete a workers compensation medical certificate  
keep the worker's section for your records

**4** Ask your employer for a workers compensation claim form (within 6 months)  
complete the worker's section and keep a copy  
give the claim form and medical certificate to your employer



For detailed information about workers rehabilitation and compensation, get a copy of the publication *A Guide to Workers Compensation in Tasmania* by calling the Workplace Standards Helpline on 1300 366 322