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.

| Employers Mutual Workers Compensation | 1800 469 931 |
| Your employer's workers compensation insurer | Contact |

| Western Sydney University | (02) 9852 5179 |
| Your employer or return to work coordinator | Contact |

State Insurance Regulatory Authority

NSW GOVERNMENT

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