

Golden rules for work injuries

1 ALWAYS submit a workers' compensation claim if you are injured at work (including in your recess break) if the injury will cause you to have time off work or require medical treatment.



2 DO send a copy of your workers' compensation claim to the Victorian WorkCover Authority to ensure that the claim is assessed in a timely manner.

3 NEVER listen if your employer tells you not to lodge a WorkCover claim - this is illegal.



4 CONTACT your union organiser or the IEU on (03) 9254 1860 if you are injured at work. A referral can be made for you to seek free advice from our union lawyers, Maurice Blackburn.

5 YOU have the right to **see your own doctor or physiotherapist** if you are injured at work. You should always see your own doctor in relation to your treatment and fitness for work - not the company doctor.

6 DON'T speak to a Private Investigator hired to investigate your claim. If there is a problem, you should contact the IEU.



7 DO attend the initial Independent Medical Examination (IME). If you refuse, then the period in which your claim may be accepted or rejected could be suspended. If you have any concerns about the IME, speak to your Union about your rights.

8 DO challenge any decision to reject your compensation claim. Seek legal advice as soon as possible as strict time limits apply.

9 NEVER allow an employer representative to sit in on your medical appointments, even for a work injury. You can and should say no to this. This is your legal right.



10 NEVER allow an employer representative to force you or your doctor to amend a medical certificate to say you are fit for light duties if your doctor has told you that you are not.

11 YOU can have a workers' compensation claim for old injuries and medical conditions which are made worse by your work.

12 NEVER accept any lump sum offer of compensation from your employer or workers' compensation insurer for a work injury without first seeking legal advice. It costs nothing to find out where you stand. You could be entitled to many times more than the offer.

13 ALWAYS contact the IEU for advice. The IEU can then transfer you to Maurice Blackburn where the initial advice regarding your rights and entitlements is free.



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Speak to your IEU delegate if you have any questions. Full compensation rights for injured workers are not negotiable for the IEU.

Your worksite delegate is: