

# 10 Golden rules for medical rights

1

**ALWAYS** consult a qualified medical practitioner as soon as possible after sustaining an injury in the workplace. The right to compensation arises on the day you're assessed by a doctor.



2

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

3

**ALWAYS** get a workers' compensation medical certificate. Make sure your doctor clearly identifies any treatment you need on the certificate.



4

**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.



5

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

6

**PRIOR** approval must be obtained from the insurer before undergoing any medical treatment. Ask your treating doctor to make the request for medical expenses on your behalf to ensure you get the reasonable care you deserve.



7

**YOU** have the right to seek a second opinion and ask the insurer to pay for this if you are not happy with your doctor's advice. You also have the right to ask to be referred to a specialist.



8

**IF** you have a workers' compensation claim you may be asked to attend a medical appointment with the insurer's doctor. You must cooperate with this request.

9

**NEVER** simply accept the advice of the insurer's doctor that you're fit for work. Always consult with your own treating doctor and be guided by their recommendation.

10

**CONTACT** your union organiser or the **QNMU** on 1800 177 273 if you are injured at work. A referral can be made for you to seek free advice.



**QNMU**  
106 Victoria Street  
West End QLD 4101

**T** 1800 177 273  
**E** memberconnect@qnmu.org.au

Speak to your QNMU delegate if you have any questions. Safe workspaces and full compensation rights for injured workers are not negotiable for the QNMU.

Your worksite delegate is: