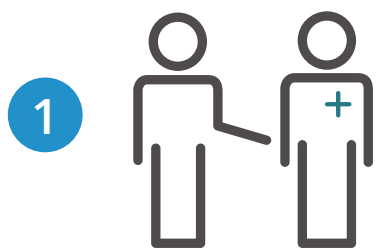


# RECOVER BETTER AT WORK

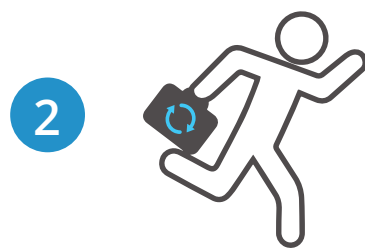
Evidence has shown that following an injury, recovering at work is better than recovering at home. Your health, wellbeing, finances, relationships, family, and friends are all impacted by being off work. Remember to reach out to any workmates you have that are off injured. Staying in touch can support their return to work.

## If You Get Injured At Work



### See Your Doctor

Get a certificate of capacity from the Doctor and give this to your Employer who will pass it on to the Insurer. Your Case Management Specialist from the Insurer will contact you to get more information.



### Recover At Work

If you are able to, stay at work and work with your return-to-work co-ordinator on a RTW plan or suitable duties plan, to support your recovery and recover faster.



### Tell Your Employer

Your employer must then tell your insurer within 48 hours.

## Our Workers Compensation Insurer is Trinity Insurance.

Our case management specialist is: \_\_\_\_\_

Our return-to-work coordinator is: \_\_\_\_\_