

Injured at work? Your first 48 hours.

Three things to do, in this order.

1

Tell your supervisor today. Get it written down.

Say what happened, when and where, even if it seems minor. Keep a copy.

2

See a doctor. Ask for a Certificate of Capacity.

The first one must come from a doctor. Our doctors can complete it when they see you.

3

Your employer tells the insurer within 48 hours.

That's your employer's job. Ask your supervisor to confirm it has been done.

Injured at work? Talk to us.

(02) 7238 7379

Our doctors and physios treat injured workers.



Scan for the full guide

Display next to your workplace's official notice. This poster is a companion to it, not a replacement.

Our appointments are billed to the insurer on accepted claims. We are not SIRA, icare or an insurer.

Sources

SIRA, workers compensation claims guide: www.sira.nsw.gov.au/workers-compensation-claims-guide

icare, the NSW workers compensation system (48-hour employer notice; Certificate of Capacity): www.icare.nsw.gov.au/practitioners-and-providers/gps-and-treating-doctors/understanding-workers-compensation/the-nsw-workers-compensation-system

v1 – September 2026
WorkCover Hub · NSW