



## If you are injured at work...

1. Tell your employer
2. Seek medical attention
3. Contact WorkCover Queensland to lodge your claim

The sooner you contact WorkCover, the sooner we can help you. You can either:

- lodge a claim online at [workcoverqld.com.au](http://workcoverqld.com.au)
- complete a claim form and:
  - upload using our online service
  - fax to 1300 651 387
  - post to GPO Box 2459, Brisbane Qld 4001
- call us on 1300 362 128
- lodge through your doctor.

### Stay at work or return to work

Getting back to work is an important step in recovering from a work-related injury and means you can return to a normal life, often reducing the financial and emotional impact on you and your family.

Returning to work may mean you go back to your old job or another job. However, being injured at work doesn't always mean time off work. Continuing to work during your rehabilitation, called 'stay at work', is often the best thing for you. This can mean working reduced hours or lighter duties (suitable duties). Talk to your doctor about the types of tasks or duties that you can perform safely during your recovery.

Research tells us that stay at work has important health and wellbeing benefits. An early return to work helps prevent long-term disability and improves the likelihood of you continuing to work once you've returned (called sustainable return to work).