

1 Tell your employer

Inform your employer about your injury as soon as possible. They are required to report workplace injuries to their insurer within 48 hours. In cases of serious injury, they must also notify SafeWork NSW immediately at 13 10 50.

2 See your doctor

Visit your doctor to obtain a Certificate of Capacity. Provide this to your employer so they can submit it to the insurer. If you need time off work, you may be eligible for medical expense coverage and weekly compensation. For extended recovery beyond 7 days, an injury management plan is required.

3 See your physio



Early treatment is key to a smooth recovery. At BridgePoint Allied Care, our physiotherapists specialize in workplace injuries and will create a tailored treatment plan to help you regain strength, mobility, and confidence. We communicate with your referring doctor and insurer regularly to plan your safe return to work.

a) injury & bracing equipment

b) Manual therapy

c) Injury education

d) Exercise program

4 Safe return to work

A safe and structured return to work is essential for recovery. Work closely with your doctor, employer, and healthcare provider to develop a return-to-work plan that aligns with your recovery progress.

5 Recover at work

If medically suitable, remaining at work in a modified capacity can support a faster recovery. If time off is required, we'll work with you to gradually reintegrate you into a suitable role when you're ready.

