

# Injured at work?

# What you need to know.



## IF YOU HAVE BEEN INJURED AT WORK

# Get help & report it!

- Seek **medical assistance immediately** if needed
- **Tell your supervisor or manager as soon as you can**  
Your employer must **notify CMI within 48 hours** of becoming aware of the injury

## IF YOU WISH TO MAKE A CLAIM

- **Tell your employer** you would like to make a claim
- See your doctor and get a **Certificate of Capacity**
- **Fill out a CMI claim** form
- Give both to your employer to send to CMI

## RETURN TO HEALTH AND WORK

- Work with CMI on an **Injury Management Plan**
- Work with your treatment provider and employer on a **Return to Work Plan**

Call **1800 WORKER (1800 967 537)**

if you need help to report an injury or  
if you have questions about claims.

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[www.coalservices.com.au](http://www.coalservices.com.au)



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