


## Injuries and the law

### Dealing with an injury at work

**Your employer has a duty to protect you. As an employee your safety, health and general welfare at work are protected by law. Workplace health and safety regulations place statutory duties on your employer.**

If you have been injured at work

- Make sure you have recorded the incident within your employer's accident book. There may be witnesses and you may wish to obtain photographs of the accident scene.
  - Make an appointment to see your GP or visit the hospital, providing a full history of how you sustained your injury.
  - If you are a member of a trade union, give your union a call and you will be offered support, and advice, and be referred to a union solicitor, free of charge.
  - Ask your employer for support with your recovery. Many businesses are able to offer care and medical treatment via their individual occupational schemes.
  - Contact a local personal injury solicitor who may offer you a free interview and where you will be assured of independent, regulated legal advice. Look out for the quality kitemark
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- Inform the Health and Safety Executive of the incident ([www.hse.gov.uk](http://www.hse.gov.uk)). All employers must comply with strict statutory rules relating to health and safety in the workplace.
  - Your employer will be insured and when your claim is notified, the insurance

**WE ALL HAVE A DUTY TO ACT SENSIBLY WHEN AT WORK AND DEALING WITH OTHERS AND EVERYONE HAS A RIGHT TO GO TO WORK AND COME HOME AGAIN UNHARMED.**

PEOPLE First is a national programme providing information, guidance and support run by APIL (Association of Personal Injury Lawyers) which is committed to supporting injured people and their families. [www.apil.org.uk/PEOPLEFirst](http://www.apil.org.uk/PEOPLEFirst) or telephone 0870 609 1958