

Feeling *pain* or *discomfort*?



Here's what to do:

Report your discomfort to your supervisor or leading hand

- The supervisor will lodge the report in our Health and Safety system, then will arrange for you to see your Site Health and Safety team
- You may be referred for treatment

Did you know?

- We can offer sessions with a physio, sports massage therapist, or osteopath (services will depend on your location)
- The treatment provider will give us feedback in case you need any further treatment

Make sure you keep your supervisor updated on your recovery

**Recover
AT WORK**