



## What do I do if I get injured at work?

If you are injured at work then it is essential that you inform your Supervisor and have the details recorded in the Accident Book. Do this even if the accident does not at first seem serious. A cut can turn septic; a pain in the stomach could turn out to be a hernia. The local Health and Safety Committee review accidents at work and can take action to make the workplace a safer place. The local Federation Safety Representative can also investigate accidents and make recommendations to Management to improve safety as a result. This dual process ensures that the matter can be looked into and remedial action can take place if necessary to prevent others being injured in the same manner. Accidents that cause serious or fatal injuries, or lead to more than three days off work, will be reported to the Health and Safety Executive. Failing to report accidents prevent us from making the work place safer and could lead to others being injured. You have a responsibility to yourself and your colleagues to prevent this.

If you think that the accident may lead to problems in the future you should also record the accident with the Department of Work and Pensions for a declaration that you have had an industrial injury. You can get the application form (BI 95) from your local social security office.

Industrial Injuries Disablement Benefit can also be paid 15 weeks after the accident date if you have suffered disablement from a loss of "*physical or mental faculty*" caused by the Industrial Accident. You can claim this benefit even if no one was to blame for the accident. You can also receive the benefit even if you are fit for work and not had any drop in income. To receive payment your level of disablement must be assessed at 14% or more. To claim the benefit you should get form BI 100A from your local social security office. You have three months from the first day you were entitled to benefit to make your claim (i.e. 15 weeks after the accident). If you claim after this date benefit cannot be backdated more than three months even if you have a good reason for not claiming earlier.

Journeys to and from work are considered on duty for pension purposes. However, they are not normally counted for industrial injuries. They may be covered if you are travelling in the employer's time to an irregular workplace so that your journey can be accepted as forming part of your work.

If you are refused Industrial Injuries, or are unhappy with the level of disablement assessment the Federation has trained advisors who can assist and represent you at the Appeals Tribunal Service.

If you believe that someone has caused your accident through negligence and as a result you have received injury then you might have grounds to pursue a civil claim. The Police Federation provides legal representation for you to pursue this action through retained solicitors, Russell, Jones and Walker, Whittles, and Pattison and Brewer. We do not fund other solicitors. There is no charge for this legal service,

which is provided from Federation Funds. To access these legal services you ask your Federation Representative for a Claim Form C1, for yourself and a C1F, for a family member or you can call the P.F Claim line Number which is 0800 9171 999. They will take the details and initiate the claim. This service is also available to your family member and covers you both on and off duty.

If you have been injured as a result of the prevention of crime, or from an assault you should make a claim for Criminal Injuries Compensation. The minimum claim is for £1000 so the injuries must be sufficiently serious to reach this amount. The Federation Office runs these claims and has all the relevant forms. If you are unhappy with the award, or are refused an award, then we will instruct the Federation Solicitors to look at your claim and if appropriate represent you at an appeals tribunal.

The Federation Group Insurance scheme also pays a temporary disablement benefit of £14.00 per week if you are unable to attend work as a result of an injury on or off duty. This payment is payable after the first 7 days of absence. You should obtain a claim form from the Federation Office.