

## SUBMISSION OF DIANNE GRUNDY



Years of service: 3 years

Resigned – was Postal Delivery Officer (Admin) Part-time at Mooroolbark Delivery Centre

**I wished to tell the Inquiry about the outcome of my compensation case. The appeal process was instrumental in me having to resign my position at Australia Post. The difficult nature, length and cost of the appeal process puts injured workers under duress to resign.**

1. After working for Australia Post part-time as an Administration Officer in a Delivery Centre for about three years, I made a Compensation Claim in March 2004. I had woken up that morning and could not move.
2. My problem had started back in November 2003 when I was asked to do sorting for up to 2 hours per day. I got lower back pain as the area in which I was sorting was not properly laid out.
3. I complained to the second in charge [REDACTED] I paid for some physiotherapy myself. **I wish [REDACTED] had informed me of my rights and responsibilities under Compensation at this stage.**
4. My March 2004 claim was denied and I asked for a Reconsideration. The Reconsideration Officer changed the decision and I had medical and physio treatment, an MRI and CT scans. I was diagnosed as having L4/L5 & L4/S1 disc strain with left sciata. My specialist, [REDACTED] opinion was that it was definitely work-related and my facet joints were damaged.
5. I only ever had one day off work on compensation. I lost 20 kgs upon the FNDs advice and co-operated with whatever Australia Post directed.
6. After a couple of years Australia Post ceased liability. I had been directed to 3 specialists by Australia Post and the last one, [REDACTED] found that Australia Post no longer had to accept responsibility.
7. I went through the Reconsideration process and then to the AAT in **August 2006. I had a Conciliation Conference and then Australia Post settled just before the Hearing. The settlement was finalized in July 2007.** I accepted a settlement because I was having an emotional breakdown and suffering from depression, due to constant pain and hassles at work.
8. I had been told that I would be directed off work onto sick leave if I returned to work unable to do my full job and I was conscious of the costs incurred so I accepted and resigned.