

19.11.2009

To whom it may concern,

on the [REDACTED] of October I was delivering mail as a divide, (overtime). As I remember it was [REDACTED].

Starting at 6am, it had been a long day and was past 4pm, closer to 5pm. As I got to the end of the road I turned my motorbike to mount the footpath. The paving was relatively new and uneven. The front wheel of the motorbike locked to the right and I came off the bike, landing on my right hand. I tore skin on my left leg.

The next day I felt some stiffness in my right shoulder but was not too concerned by it. I insisted that I see the workplace doctor, which I did the next day, the [REDACTED]. The doctor did a cursory examination and gave me a tetanus shot as I had torn my skin. I did ask the doctor if she would give me a certificate for one day, she declined my request.

Two days after the incident a large bruise appeared on my left leg, almost the size of my hand. It was without doubt the most severe bruising I have ever had. It took two weeks to disappear. Now it has been three weeks since the fall and the bruising has only disappeared a few days ago.

Overall I was disappointed with my treatment and now have a lump on my leg which is, according to the workplace doctor, a calcification on the bone. Whether that will disappear, I am unsure. She gave no indication either.

My third in charge went to look at the uneven pavement and agreed that it was uneven. He has since spoken to [REDACTED] council about the pavement, informing me that he had done so.

Please see attached photographs of the bruising.

[REDACTED]

19/11/2009

To whom it may concern,

From the [REDACTED] of November, a Wednesday, till the end of that week, had been unseasonably hot. As a result of this heat I developed what I call a saddle sore. It was relatively annoying all weekend and by Monday when I had to get back on a motorbike to deliver mail, it was painful.

On Tuesday I asked to see the workplace doctor. I was given an appointment time of 6.10pm. As I had another appointment that day with my bank manager at 4.15, I did not want it to conflict with that which I had already organised.

I arrived at the clinic at 6.10 exactly. I asked how long I needed to wait. I was told at least 45 minutes. I was not pleased and insisted that I may as well go home. I was advised to return before 7pm. I did return just before 7pm and waited another 5 or 10 minutes. Eventually I saw the doctor and when I asked why it had taken so long to see me, she explained that one of her colleagues was not at work that day.

The doctor examined my 'saddle sore' and I was told it was a boil. By this time it had already reached its worst stage and was now slowly receding, though it was still inflamed and sore. I have had this problem before and I can relate it directly with using a motorbike at work and heat. The constant friction on the seat caused by stopping and starting seems to be the problem. The doctor was unsure of my reasoning, but as it has happened before, I was sure that was the cause, particularly because it had been so hot at the end of that week.

The doctor prescribed some doxycycline, and later that evening I went to a chemist in [REDACTED] and had the prescription filled. I got home and, according to the direction on the label, I ate food and washed the medication down with a cup of tea. About a half hour after that I went to bed. Two hours later I was woken by severe indigestion, something that I never usually suffer from. It kept me awake and in some discomfort all night. I got about three hours sleep.

Seeming that I was already weary from the long and hot two days previous I was already fatigued, (we had householders both days as well as more than usual mail) so I rang in sick and reported it as a work related cause. I still had indigestion, and it remained most of that day, despite a remedy. I was told that I needed to come into work at 8.30 am and clock on. I was then told to go to the workplace doctor again.

The doctor this time gave me a prescription medication from her own clinic called Somac, 40mg. This gave some relief but not entirely.

Overall I was not pleased with the doctor's treatment and her questioning the relation between sitting on a motorbike in above 30 degree heat for four days and getting a saddle sore. I insisted she give me a certificate for the day off. She did so, although at first reluctantly.

[REDACTED]