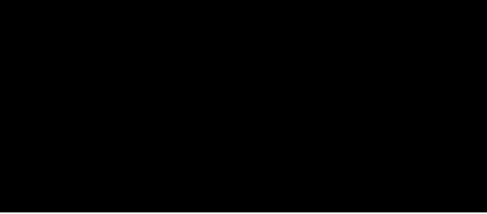


SUBMISSION OF JOHN PAPAIOANNOU

John Papaioannou

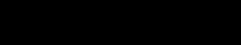


Years of service: 7 years

I have had 2 experiences with Australia Post's compensation system. Australia Post employees are not informed about their rights to compensation and how to appeal adverse decisions. We are pushed to attend company doctors to keep injuries un-official. I was never advised that I could attend my family doctor and be treated by him. Every time I have filled out a P400 I am conscious of management's displeasure.

In March 2006 I was travelling home from work when I was rear-ended on my motor-bike by a taxi. I was sent to an FND at the Port Melbourne clinic the next day after I had filled in a P400. I received 4 free physiotherapy visits and anti-inflammatories for my neck and lower back. I was x-rayed which showed no broken bones and was sent back to work on light duties. I felt better after the physio.

After several weeks, I felt a nigggle in my lower back which I tolerated. The pain became progressively worse until after eight months I began to suffer severe back pain. I reported this (and filled out another P400 on the 30/11/2006) and was sent back to Port Melbourne FND. He diagnosed it as a reoccurrence of the injury that occurred in April. I had the 4 free sessions. After this the doctor said I had a severe problem and that I should fill in a compensation form so I could get more physio.

 refused my claim. My manager offered to help me write up an appeal but he never did and in fact avoided me until my appeal time had elapsed. I paid for my own physio. The problem has re-occurred again but I have had to pay for my own treatment. I still suffer lower back pain and sciata periodically.

On 15/12/07 I knocked my elbow on a door while out on delivery. I reported this when I returned to work and completed a P400. I was sent the next day to the FND at Port Melbourne Clinic. I had a bursor on my elbow and was told to ice-pack it and to take anti-inflammatories. Compensation liability was accepted for this injury.

I was sent straight back to work on light duties. During that week my elbow became more swollen and sorer. On Monday I felt dizzy and nauseous as my elbow was infected. I was sent back to the FND and he was shocked and said he would drain it and give me a cortisone injection. I refused the cortisone and asked if he could check it for infection. He found I was infected and the red mark was travelling up my arm so he gave me a penicillin injection and I was sent back to work the next day with restrictions on using that arm. My arm swelled up to my knuckles and I had a panic attack.

My manager sent me to Epworth Hospital emergency who confirmed that I had an infection and a panic attack and said I shouldn't be working. But when I asked for a certificate said that I had to go to the FND to get one and a further penicillin shot. I had a bad reaction to this but the FND still refused to give me any time off work. Next day I went to my family doctor who gave me three days off work. Australia post refused liability and these were taken out of my sick leave. My manager said it was impossible to have these on compensation.