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STATUTORY INSTRUMENTS

1976 No. 615

The Social Security (Medical Evidence) Regulations 1976

[^{F1}Self-certificate for first 7 days of a spell of incapacity for work

5.—(1) Where a person claims sickness, invalidity or injury benefit or non-contributory invalidity pension and that claim relates to-

- (a) a spell of incapacity that lasts for less than 8 days, or
- (b) any of the first 7 days of a longer spell of incapacity,

the evidence of incapacity required for the purpose of determining his right to benefit may consist of a self-certificate instead of a certificate in the form of a doctor's statement within regulation 2(1).

(2) For the purpose of this regulation-

a "self-certificate" means a declaration made by the claimant in writing, in a form approved for the purpose by the Secretary of State, that he has been unfit for work from a date or for a period specified in the declaration and may include a statement that the claimant expects to continue to be unfit for work on days subsequent to the date on which it is made;

a "spell of incapacity" means a continuous period of incapacity for work (not excluding bank or other holidays) which is immediately preceded by a day on which the claimant either worked or was not incapable of work.]

F1 Reg. 5 inserted (14.6.1982) by [The Social Security \(Medical Evidence, Claims and Payments\) Amendment Regulations 1982 \(S.I. 1982/699\)](#), regs. 1(1), 2(2)

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