

SUPPORTING YOUR CO-WORKER AS THEY RETURN TO WORK

WORKING
TO WELL

YOU CAN PLAY A ROLE IN SUPPORTING YOUR CO-WORKER THROUGH THEIR WORKING TO WELL JOURNEY.

Work is healthy. Work is a point of pride for everyone, and a great source of fulfillment and personal satisfaction. It's also an essential part of our economy.

When injury occurs, staying connected to the workplace and continuing to work are important for a successful return-to-work journey.

We all have a role to play.

The longer employees are off work, the less likely they are to return. So when an injury does occur, the best result for everyone is a safe and timely return to work.

Working to Well is a program that helps workers, employers, and health care providers understand their roles in the process of recovering from injury and returning to work.

HOW TO SUPPORT YOUR CO-WORKER ON THEIR WORKING TO WELL JOURNEY

- Understand that your co-worker **may not be able to perform all tasks** associated with their job – this is normal
- Understand that **everyone heals differently** and that it may take some co-workers longer than others to recover
- Ask your co-worker what you can do to **assist them** during this process
- **Support** your co-worker during this process
- **Respect** your co-worker's privacy
- **Include** your co-worker in activities that were important to him/her prior to their injury
- **Put yourself in your co-worker's shoes**

For more information, visit
wcb.ns.ca/workingtowell.

