

# SUPPORTING YOUR EMPLOYEE AS THEY RETURN TO WORK

WORKING  
TO WELL

## YOU PLAY AN IMPORTANT ROLE IN SUPPORTING A 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.

A successful return-to-work journey depends on teamwork—and as a supervisor or manager, you're an important part of that team.

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.

For more information, visit  
[wcb.ns.ca/workingtowell](http://wcb.ns.ca/workingtowell).



## THE BENEFITS OF WORKING TO WELL

- Helps employees stay active, which speeds up recovery
- Minimizes impact on the employee's family
- Shifts the focus from what employees can't do to what employees can do
- Maintains an employee's sense of confidence and value
- Allows employees to stay in contact with co-workers and the workplace
- Keeps employees involved
- Reduces or eliminates lost earnings

## HOW TO SUPPORT AN EMPLOYEE ON THEIR WORKING TO WELL JOURNEY

- Actively **participate** and **cooperate** in the Return-to-Work program
- Create a **supportive environment** for the injured worker
- Be **patient** and understand that everybody heals differently
- **Communicate** the importance of the Return-to-Work process with all team members
- **Ensure** you and your employee know what tasks are safe for them to do
- Maintain **confidentiality and privacy** at all times
- Maintain **contact** with the **case worker** assigned to the specific case