

IS YOUR CO-WORKER IN A RETURN-TO-WORK (RTW) PROGRAM?

Work is about much more than a pay check. Work gives us an identity and a sense of self-worth. Work has meaning. It helps define us. We get personal satisfaction from a job well done. Beyond the personal impact, work is an essential element in our society. It is the glue that holds our community and our economy together.

When injury occurs, staying connected to the workplace and continuing to work are important factors in recovery.

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.

The WCB's goal is to work with employers, employees, unions and health care providers to ensure this happens.

HOW TO SUPPORT A CO-WORKER ON A RETURN-TO-WORK PROGRAM

- 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**