

ARE YOU AN EMPLOYEE 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.

BENEFITS OF A RETURN-TO-WORK PROGRAM

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

WHAT ARE MY RESPONSIBILITIES WHILE ON A RTW PROGRAM?

- Actively **participate** and **cooperate** in the Return-to-Work program
- **Remember** that you are returning to work, it will take time to heal completely
- **Avoid** extended periods in any single posture/position
- Use **good body positioning**
- **Pace** yourself
- **Report** any discomfort to your supervisor/manager
- Ensure you know what **tasks you are cleared to do**