

WORKING

TO WELL

TAKE CONTROL OF YOUR **RETURN TO WORK**

If you're injured on the job, work is often part of a safe, healthy recovery, as you get back to being you. It's important because staying connected to work helps with your social, mental, and physical health—and your finances, too. Transitional work is about what you can do, not what you can't.

WHAT IS TRANSITIONAL WORK?

Transitional or modified work is temporary and allows you to work safely while recovering from your injury. It keeps your recovery moving forward, and also keeps you from doing too much too soon.

Transitional work may entail alterations to your current tasks or a single task, such as refraining from activities, like lifting heavy items. Or it can involve temporarily doing work in a different position such as moving from work which always has you standing, to work that can be done while you are sitting.

You know your job best, and working with your employer and health care provider helps you better understand what you can do safely while recovering from your injury. Use what you know about your job, your workplace, and your current abilities, to come up with ideas about what you can do. Take control and get all the benefits of transitional work, working for you.

WHAT DOES TRANSITIONAL WORK LOOK LIKE?

Your health care provider will assess what job duties you can safely do after your injury. This will ensure you are doing the right work at the right time. You will be involved, along with your employer, case worker, and health care provider to figure out what work is suitable for you and when. Here are some examples to start you thinking about this (subject to availability at your place of employment):

1. **Administration:** processing documents, data entry, filing and reorganizing
2. **Business improvement:** form creation, training, quality assurance
3. **Promotion, marketing, sales:** phone sales, developing promotional materials, market research
4. **Labour:** cleaning, organizing, inventory, maintaining or buying tools and equipment
5. **Training:** courses, safety training, technical skills training

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Based on your workplace, is there transitional work you think might be a good fit while you're recovering?

Fill out this table on your own or with your health care provider. Once complete, share with your employer to come up with a plan for transitional work.

This exercise is intended to give you an idea of the types of transitional work available.

WHEN YOU THINK ABOUT YOUR WORKPLACE AND YOUR SKILLS, WHAT DEPARTMENTS WOULD BE A GOOD FIT FOR YOU?	
WHAT TASKS IN THIS DEPARTMENT SUIT YOUR SKILLS AND WHAT IS YOUR CURRENT LEVEL OF FUNCTION?	
BASED ON DISCUSSIONS WITH YOUR HEALTH CARE PROVIDER, WHEN ARE YOU ABLE TO BEGIN WORK? (E.G., READY TO START NOW)	
BASED ON DISCUSSIONS WITH YOUR HEALTH CARE PROVIDER, HOW MANY HOURS A WEEK OR DAY ARE YOU ABLE TO WORK? (E.G., 15 HOURS/WEEK)	