

## **Getting Back to Work-Keeping You at Work... It's Your Job and Your Future**

**A Team Effort: A Team Effort:** Returning to work or keeping you at work after a work related injury is a team effort..... You, Your Doctor and Your Employer Working Together

### **If you are injured on the job and off work:**

- See your doctor as scheduled and follow through with treatment
- Share ideas with your doctor about making it easier to do your job
- Stay in touch with your employer and express your interest in getting back to work
- Expect your employer to call you to check on your progress

We understand some injuries are so severe you can't go back to work right away. Very often, however, early and safe return to work makes sense.

### **Ask Your Doctor:** (If your injury is not serious):

- To contact your employer and talk about the kinds of work you are able to do
- To write down your physical capabilities and restrictions in each medical report
- About possible modifications that will allow you to stay at your job
- About types of jobs you can do safely

### **Ask Your Employer To:**

- Explore options for getting you back to work or keeping you at work after an injury. He or she may already have a program to do this
- Fix any potential hazards that could prevent you from working safely
- Send your doctor information, such as job descriptions, task or light duty options that he or she can use to develop a temporary job description for you
- Consider work-site modifications that will make it easier for you to return to work and suggest these to your employer

**Who Benefits? You Do!** Early and safe return to work or staying at work makes sense:

- Studies show that the longer you are off work, the harder it is to get back to your original job and full wages
- Even a short time off work takes money out of your pocket because time-loss benefits may not pay you your full wage

**We Want To Help You Get Well,  
Keep You at Work or Get You Back To Work As Soon As Possible**