

Preparing for your Return to work

Name: _____

Claim number: _____

Date: _____

You've been injured at work and we're here to help. We understand an injury can disrupt your life.

Thinking of and identifying suitable modified work options will help you get back to work while recovering. Modifying your job, performing different tasks or reducing your hours are all types of modified work – it ensures you stay connected with your employer. Modified work can help keep you working and recover faster.

We want you to feel better and get your daily life back to normal; this includes returning to work. We want to help you accomplish this.

Please answer these questions and fax to WCB at 1-800-661-1993. This is your opportunity to help us clearly understand your job duties and what work you can do while recovering.

YOUR REGULAR JOB:

- 1. What parts of your job can you perform while recovering?** (Sometimes an injury can limit the duties you used to do, however, we want to focus on the duties you can do while recovering).

- 2. Would you be able to do any of your regular duties for a reduced amount of time?** (e.g. 4 hours vs 8 hours) **If so, which ones?**

OTHER JOBS:

- 1. Do you know of any other jobs/tasks outside of your normal work routine you could perform while recovering?**

- 2. Do you have other experience, skills or education you could use in other areas of your workplace?**

Thank you for taking the time to complete this document. It will help us work with you in creating a plan to return to work.