

Return to Work

Returning to work as soon as it is safe to do so is an important part of your recovery from a work-related injury or illness and is part of your rehabilitation program. Returning to work or staying at work while you recover helps to improve health and recovery outcomes.

It is important to talk to your WSSCC Case Manager and your Supervisor/Employer about your return to work goals.

How do I plan my return to work?

Return to work planning should start as soon as possible after an injury or illness. While your employer and health care provider have roles and responsibilities, below is a list of responsibilities of the injured worker:

- Keep open communication with both your employer and WSSCC case manager, and provide updates on your functional abilities and work restrictions.
- Discuss returning to work with your health care provider.
- Actively work with your employer to develop your return to work plan.
- Participate fully in the return to work plan you and your employer come up with. Be sure to let your Case Manager and employer know if you're having any challenges.

I can't do all or some of my job duties, what should I do?

Depending on your injury or illness and recovery requirements, your skills, and the type of work available with your employer, your return to work plan may include:

- Alternate job duties, including transitional or modified job duties.
- Modifications to tools, work environment, equipment.
- Changes to your previous workload, such as your work schedule or hours worked per day.
- Guidance for a gradual return to work to ease back into the work environment.
- Training or work experience if applicable.
- Rehabilitation to build your capacity to effectively perform the physical or psychological demands of your job.

The WSSCC has return to work resources available on our website, including a Modified and Alternate Duties planning sheet. Visit wssc.nt.ca or wssc.nu.ca and navigate to the Return to Work section of the website for more information and helpful resources.

It's important to note that if your employer offers you suitable or modified work through a return to work plan, you must accept and actively participate in the plan to keep your wage loss benefits.

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