

Returning to Work After A Work Related Injury or Illness

The Return to Work Program

The Return to Work Program assists employees in returning to work quickly and safely after a work related injury or illness. Although you may have temporary work restrictions which prevent you from performing your regular job tasks, you can often do temporary modified or alternative work while recovering.

With The RTW Program, temporary accommodation of medical restrictions will be provided, if available, until you are able to return to full duty or up to 12 weeks, whichever come first.

The RTW Program is designed to reduce the negative impact of injuries and illnesses on employees by providing additional support in navigating their medical and workers compensation benefits program. In addition, it provides employees and their occupational health provider support in planning their return to work when they are ready. Studies show that injured workers recover faster and suffer less permanent disability when they are given the opportunity to participate in temporary modified duty assignments. It's a win-win situation for you and your employer when you return to work.

The RTW Program kicks into play once you have had an initial medical exam with an Occupational Health Provider. Your return to work status is then evaluated. Coordination between your Workers' Compensation District Contact and RESIG's RTW Specialist takes place. An Interactive Process will be held with you to determine if a temporary modified duty job is available for you.

For more information or assistance, please contact: Kelly Cook, Return to Work Specialist 836-0779 ext. 117 or kcook@resig.org.

How YOU can take charge of return to work

In order to take charge of the process, you need to remember three things:

1. You can make a difference
2. You are valuable
3. You belong to a team

Report injuries – even minor ones – promptly. Contact the RESIG Injury Line at 836-7457

Be an active participant in your return to work and rehabilitation. No one else can return to work or do your recovering for you.

Make the most of your treatment. Do your prescribed exercises/stretches. Support communication. Attend all medical appointments and comply with work restrictions to avoid re-injury.

Keep in touch with your employer. There are things you need to let your employer know about:

1. Your medical restrictions are updated
2. Surgery is planned
3. There is a significant improvement or deterioration in your condition.

You are the boss of your own recovery!