

INJURED WORKERS

What should you do when you've been injured at work and can't immediately return to your job?

Ask your health care provider for a copy of your Functional Abilities (FA) form.

It outlines what physical actions you are safely capable of doing at this point in your healing process.

Take this form to your employer, sit down and discuss what part of your pre-injury job you could safely do. Many work duties can easily be modified to accommodate your situation. You and your employer know your job better than anyone.

However, if you can't do your pre-injury job, be creative. Is there something else you could do at work while you heal?

Start planning to go back to work as soon as possible.

Follow your health care provider's recommendations.

Stay in close contact with your employer about gradually increasing your work duties as you recover.

Provide the YWCHSB with any requested information about your treatment and your duties at work.

The YWCHSB will process your claim as quickly as possible, but don't wait for a decision to take action.

Start planning now on getting back to work and return to your pre-injury lifestyle safely and quickly.

This new approach to returning injured workers to their jobs safely and quickly benefits employers and injured workers. It's also the law.