



## Have you been injured at work?

If you have been injured at work, this information will help you with what **YOU CAN DO** and what to expect during your recovery.

### **YOUR SUPPORT TEAM**

Your Case Manager (Insurer)  
Your Rehab Provider  
Your Employer  
Your Doctor  
You

### **STAY CONNECTED**

Find ways to stay in contact with your workplace and co workers

### **STAY ACTIVE**

it reduces pain symptoms and helps you return to your usual activities sooner.

**YOU CAN start** planning even if you are currently unable to work. A workplace rehabilitation provider can greatly assist in this process.

**YOU CAN choose** your own rehabilitation provider.

**YOU CAN choose** your own doctor to act as your nominated treating doctor. Talk to your doctor and treatment provider about activities you can do at work and at home to assist your recovery.

**YOU CAN** develop and maintain a positive relationship with the insurer and understand the role of each person to get the right help at the right time.

*The sooner YOU, your employer, your doctor and the insurer start planning your recovery at work, the greater your chances are of a successful outcome.*

There are a number of people you may come in contact with during your recovery. Each has a role in the workers compensation process and together they form a support team to help you to recover at work.

**A workplace rehabilitation provider** can help you with your return to work. These are health professionals like occupational therapists, physiotherapists, rehabilitation counsellors and psychologists.

### **They will help by:**

- assessing your capacity for work and the activities you can currently perform
- assessing available suitable work options
- advising about modifications to your work environment or work practices to reduce work demands, for example providing equipment to make your job easier
- working with you, your employer and your doctor to design a plan to help you recover at work
- advising about work options if you are unable to recover at work with your pre-injury employer

*Work Rehab  
working with you!*