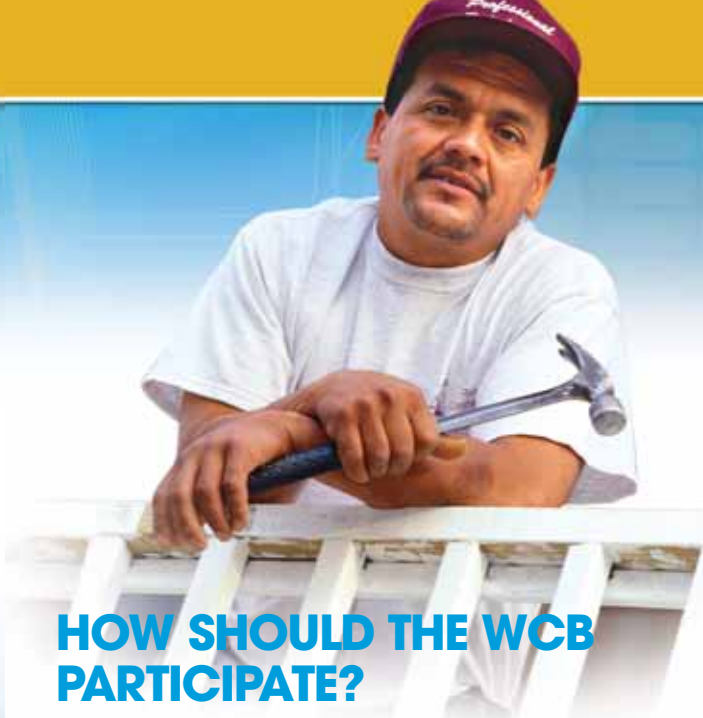




WHAT IF YOU HAVE CONCERNS OR QUESTIONS?

If you feel your return to work plan is not going as planned be sure to let your healthcare provider, employer and your WCB worker know about your concerns.



HOW SHOULD THE WCB PARTICIPATE?

- your WCB worker will monitor your RTW plan and assist with your wage loss payments
- your WCB worker will become involved to assist you if you need help in your RTW plan – we're here to help.

CONTACT INFORMATION

Workers Compensation Board of Manitoba
333 Broadway
Claim Information Centre
Winnipeg, MB R3C 4W3

954-4100 or toll free 1-800-362-3340

Visit the WCB website at www.wcb.mb.ca for more information and other resources.



This document is available in large print format. Please call 954-4760, toll free 1-800-362-3340 or email info@wcb.mb.ca

Return to work for

Better RECOVERY



If you're hurt at work,
we're here to help.

RETURNING TO WORK HELPS YOU RECOVER

Returning to work following a workplace injury is a step by step process that starts in your workplace, to assist you after you're hurt or become ill. The first step is to get the healthcare services you need to help you recover. The next step is to start planning for your return to work (RTW). Returning to work as soon as physically and safely possible can help you recover.

Usually, your employer organizes your return to work process with you and your healthcare provider. Your union and/or occupational health and safety committee representative may be included, along with your WCB worker. A plan is developed based on the recommendations of your healthcare provider and what you are able to do when you go back to work. Your RTW plan might include a change of tasks or reduced hours of work.

BENEFITS

A return to work program benefits you by:

- helping you recover more quickly and completely from your injury
- maintaining your job stability
- helping you get back on track sooner and with less uncertainty about the future.

HOW CAN YOU PARTICIPATE?

- take an active part in the RTW plan as agreed during all discussions
- attend all healthcare appointments and follow your prescribed treatment plan
- help your healthcare provider understand the type of work you do
- keep in touch with your WCB worker and your employer to let them know how you are feeling - this helps keep you connected to your workplace and helps your employer plan work that you are able to do as you recover.

HOW SHOULD YOUR EMPLOYER PARTICIPATE?

- your employer should work with you and your healthcare provider to develop a return to work plan based on what you are able to do
- your employer should also keep in touch with you and support you in your return to work plan.

RE-EMPLOYMENT OBLIGATIONS

Effective January 1, 2007, legislation requires employers who have 25 or more full-time or regular part-time workers to re-employ injured workers who were in their employ for at least 12 continuous months prior to their injuries. For more information on re-employment obligations please check online at

www.wcb.mb.ca under publications, or call 954-4321 or toll free 1-800-362-3340 for a copy of the pamphlet *Re-employment Obligations*.

HOW SHOULD YOUR HEALTHCARE PROVIDER PARTICIPATE?

- your healthcare provider should recommend timelines for your return to work and provide information on your limitations
- timelines will indicate the earliest date for your safe return to modified tasks or hours of work
- your healthcare provider will share information about your limitations with your employer only if you provide consent.

