



Injured and Disabled from Work? - The Facts

Finding yourself injured as a result of a work related accident is unfortunate, unforeseen, and no doubt can be stressful. Finding yourself injured and out of work can be even more concerning, especially if it involves being out of work for weeks, months or even longer. In fact, according to the U.S. Department of Labor, injured workers who remain out of work for greater than six months have only a 50% chance of ever returning back to the workforce. At the same time, your employer may only be able to hold your position open for so long before they need to find a replacement leaving you potentially with no job to return back to.

Why Work is Considered Good Therapy

Continuing to work during your period of recovery has shown to have many positive aspects and can be just as important as the care you are receiving for your injury. Some of the benefits of quickly returning to work following an injury include:

- Maintaining your physical strength and remaining active
- Keeping your connection to fellow co-workers and your employer
- Allowing you to maintain work skills and keep them up to date

For these reasons and for so many more, there is no time to spare in terms of taking personal responsibility and control in ensuring your safe return to work.

So What Can You Do to Help Yourself Get Back to Work?

Encourage your employer to offer you restricted or modified duty work while you are recovering from your injury. This may include doing parts of your regular job while avoiding certain tasks such as heavy lifting, or doing a different job all together. Communicate with your physician to let him know what work tasks you believe are possible, and what he can do to help you get back to work quickly.

What to Expect When You Return To Work during the Recovery Process?

No doubt, it may take some time to completely transition back into the job without having some physical limitations or feeling some pain and soreness. This can be expected and is totally understandable. What is important is that you remain open minded and communicate with your employer on ways to safely remain at work during your recovery process. It is also equally important to discuss your recovery process and work status with your physician at each office visit. Keep in mind that your employer may not be able to provide restricted or modified duty on a long term basis, so it's important to work towards full recovery and back to your normal job as soon as it is safe to do so.

We Are Here to Help in your Return to Work Efforts

The Trust is here to help with your return to work plan. If you encounter any concerns or roadblocks in attempting to get back to work or remain at work following an injury, please feel free to reach out to your claims representative, care manager, or our return to work specialist at (203) 678-0185 or rtw@wctrust.com. We will do everything we can to assist in helping you get back to work or remain at work during your recovery process.

