

# BENEFITS OF A RETURN TO WORK PROGRAM

A "Return to Work" (RTW) program offers numerous benefits for both injured employees and their employers. It can support a faster recovery, boosts morale and helps reduce workplace costs.

For employees, an effective RTW program allows them to maintain their skills, social connections and retain a sense of normalcy while recovering.

For employers, it can lower claim costs, limit lost productivity and reduce the need to hire and train replacement staff.

## RETURN TO WORK PROGRAM

- **SEVEN BENEFITS FOR EMPLOYEES**



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# BENEFITS OF A RETURN TO WORK PROGRAM



## Benefits for Employees:

- **Faster Recovery:** Engaging in work can promote active recovery, which is often more effective than prolonged rest.
- **Improved Mental Health:** Maintaining a routine, feeling productive and staying connected with coworkers can reduce the risk of adopting a disability mindset and help support overall psychological well-being.
- **Maintained Skills:** Returning to work helps injured employees keep their skills sharp and avoid loss of skills that can occur during extended periods away from work.
- **Social Connection:** A shorter absence from work allows employees to remain connected with colleagues and reduces feelings of isolation.
- **Financial Stability:** Continuing to work can provide economic stability and lessen the financial impact on families.
- **Boosted Morale:** Knowing there is a role to return to and feeling valued by their employer can significantly improve employee morale.
- **Preventing Further Health Complications:** Returning to work can help reduce the risk of additional health concerns that may result from prolonged inactivity or stress related to being away from work.

## **REMEMBER:**

**If you are injured, speak with your supervisor about returning to work. Your safety comes first. If a task feels unsafe, uncomfortable or tests your limits, speak up immediately.**



**WorkSafeBC: Return to Work Information for Workers**

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