



# Recover better at work

Evidence shows you recover from an injury better at work than at home.

Long-term absence from work can lead to isolation and poorer health.

The longer you are off work, the less chance you have of ever returning to work.

Staying at work, or returning to work as soon as safely possible, is good for your health and wellbeing – whether it's on reduced hours in your normal job, or on modified or alternative duties.

You can recover better by following three simple principles.

## 1. Stay active

Talk to your doctor and case manager about what activities you can undertake.

## 2. Stay in touch

If you are off work, stay in regular contact with your employer and workmates.

## 3. Stay focused

Set goals for your recovery and return to work, and take action to achieve them.

For more advice on recovering better at work, contact your case manager or call WorkCover on **13 10 50**.