

Getting Back to Work

It's a team effort

Returning to work as quickly as possible is a team effort. You, your health-care provider, your contractor's workers' compensation representative and your claims adjuster with Penser all work together.

Some injuries are more severe and you can't go back to work right away. But it often makes financial sense — and keeps you connected to your job — if you return to work before you are fully recovered; as long as your doctor approves the light-duty job description.

If you're injured on the job and off work:

Keep your appointments and follow through with your treatment.

Ask your health-care provider to make sure your medical restrictions are documented with an Activity Prescription Form and provided to you at each appointment. This information should then be provide to your contractor and your Penser claims adjuster.

Stay in touch with your contractor's workers' compensation representative and express your interest in a light-duty job.

Think there may be work you *can* do?

Ask your contractor workers' compensation representative and/or your direct supervisor if there are any light-duty jobs that fit the medical restrictions your health-care provider has ordered. If not, try suggesting one.