Health PEI
OCCUPATIONAL HEALTH, SAFETY, & WELLNESS

Safety Talk

Benefits of Early Intervention



REDUCED RECOVERY TIME

In Canada, over 50% of workplace injuries require time off, yet early intervention can reduce recovery time by up to 30%.

Reduced Risk of Chronic Conditions

Untreated injuries can lead to long-term issues, such as chronic pain or mental health challenges. In Canada, 20% of workplace injuries result in chronic conditions if not addressed early.
Early intervention helps detect risks and recommend preventive measures.



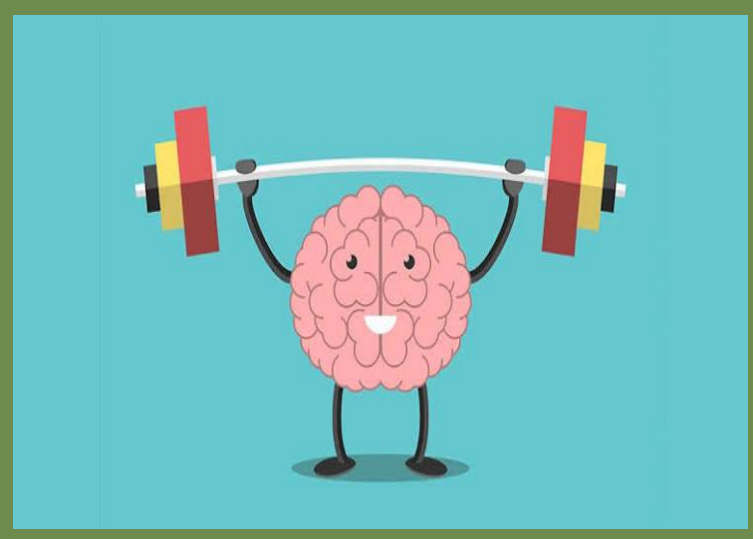


Protects Other Joints

Early treatment prevents these unconscious compensations from putting excess stress on your knees, hips, or back.

Better Functional and Mental Outcomes

Maintains Mobility: Prompt treatment keeps joints flexible and prevents muscle stiffness or atrophy.
Improves Well-being: By limiting time away from work, sports, or hobbies, early intervention reduces the stress, frustration, and mental health challenges associated with long-term sickness or recovery.





Workplace Wellness

Workplace Wellness: Prompt assessments following a workplace injury helps establish recovery plans that avoid re-injury and facilitate a safe return to work.

Source: https://vitalitypt.ca/why-early-intervention-with-physiotherapy-matters-ottawa/

DATE: _____

SAFETY TALK LEAD BY: _____

FACILITY: _____

DEPARTMENT: _____

DISCUSSION QUESTIONS:

Did you know that all Health PEI employees have Direct Access to treatment before a WCB claim is approved?

Where do you go to access this information?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:	EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
https://src.healthpei.ca/safety-talks