



SAFETY TALK

RECOVERY AT WORK

Returning to work while recovering from an illness or an injury is a healthy and safe approach for most employees. Being work attached can promote good physical and mental health and often supports healing.

Benefits of Recovering at Work

Improved Recovery

Statistics show that returning to work can be a form of therapy, promoting faster physical and mental recovery compared to prolonged rest. Early and safe return to work is linked to better health outcomes and reduced likelihood of developing long term work disability.



Social Connection

Being involved in the workplace and staying connected with colleagues helps maintain social network and promotes inclusion.

Retained Skills

When work attached during recovery, employees can maintain valuable skills, training and knowledge.

Enhanced Well-being

Staying connected to the workplace improves mental and physical well-being, increases confidence, and provides purpose.

Did you know?

Examples of recovering at work may include ease back, modified hours and alternate duties.

Financial Benefits

Continuing to earn an income and receive employment benefits protects financial stability.

Source: <https://workoptions.com.au/managing-the-return-to-work-process-a-guide-for-employers-and-workers/>

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

DO YOU KNOW YOUR EMPLOYEE ABILITIES CONSULTANT?
DO YOU KNOW HOW TO REQUEST A RETURN TO WORK PLAN?

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>