

How to Return to Work

1. Talk to your **doctor** about how you can work safely while you heal.
2. Work with your employer to **find** tasks that you can perform within your doctor's recommendations.
3. Sometimes return-to-work involves: **temporarily changing** tasks within your job; changing jobs; changing work sites; or performing work for a charity or non-profit.
4. Discuss your return-to-work **experience** with your employer and doctor.
5. Work with your employer to change your roles and **increase** your tasks and responsibilities as you recover and your abilities increase.

Recover Faster & Better

Returning to work improves the healing process.

Limitations are typically **shorter** for employees who return-to-work after their workers' comp injury.

Employees who return-to-work often experience **more functionality** and less permanent impairment.

Return-to-Work Help

Call **800-332-2667**

Additional Resources:

Next Step Program

Tennessee Department of Labor and Workforce Development

Tennessee Vocational Rehabilitation

Job Accommodation Network

The Tennessee Department of Labor and Workforce Development is committed to principles of equal opportunity, equal access, and affirmative action. Auxiliary aids and services are available upon request to individuals with disabilities.



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Return to Work:

It's good for you
and your family

BWDC
Bureau of **WORKERS'**
COMPENSATION

Returning to work can reduce your injury's impact on:



Your Health



Physical Conditioning



Heart Health/Blood Pressure



Blood Sugar



Mental Health



Fitness & Activity Levels



Friendships & Relationships



Fear of Not-Working



Your Career



Skill Development



Job Transitioning



Employee Benefits



Government Benefits



Retirement Contributions



Normal Income



FMLA Leave



Your Family



Role as a Parent or Spouse



Chores and Daily Living



Household Expenses



Family Activities



Rest and Relaxation



Special Occasions



Holidays