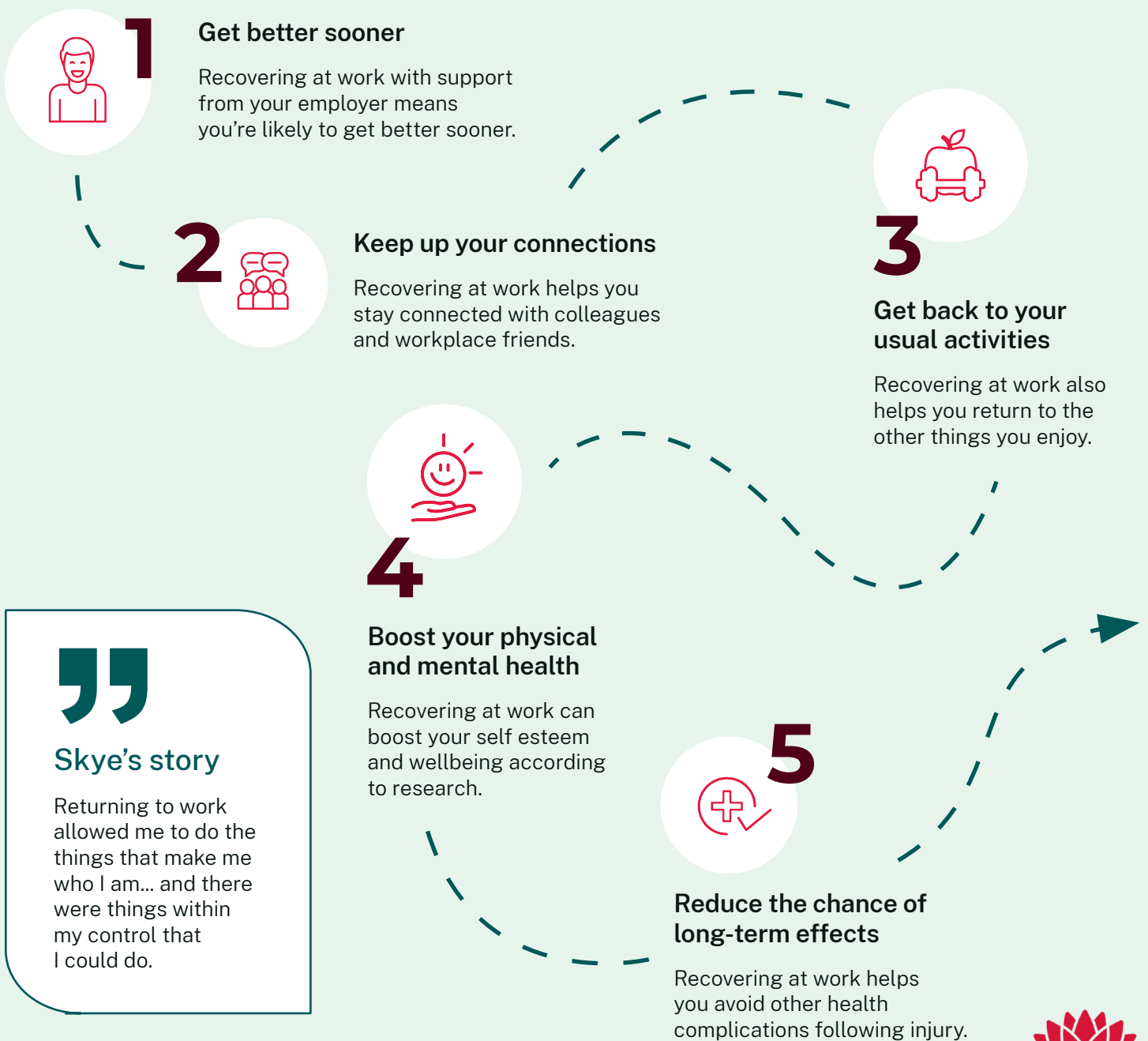


Benefits of working while you recover

Being at work is often the best way to recover from your injury. Research suggests **five key benefits**:



Skye's story

Returning to work allowed me to do the things that make me who I am... and there were things within my control that I could do.

How to get the best from your support team

You have a team to support you as you get better. Working together with your employer, doctor, insurer case manager and treatment provider can help you recover at work safely and get on with living your life.

Evidence shows you recover better after an injury if you take an **active role** and set a **recovery goal**.

Your employer

Talk about the work you can do and the support you'll need.

Ask them to work with you to develop a recover at work plan.

Tell the insurer if you and your employer can't find suitable work.

Your doctor

Talk about what you can safely do at work and home.

Ask about your injury, recovery, treatment and support.

Tell them you'll need a 'Certificate of Capacity/Fitness' to give to the insurer.



Your treatment provider

Talk about what you need to be able to do at work and at home.

Ask how the treatment will help and what you can do to help your own recovery.

Tell them if you don't think the treatment is working.

Your insurer case manager

Talk about your injury and the support you might need.

Ask what assistance you can get to help you recover at work.

Tell them if there's something you don't understand or if things aren't going to plan.

Want to
know more?

Find out more about recovering at work on the SIRA website:
sira.nsw.gov.au/recoveryatwork

If you need more help with your claim, contact the Independent Review Office (IRO) on **13 94 76** or visit their website:
iro.nsw.gov.au